January 2025
DHS15

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goodFOOD

EST 1989

MIDDLE EAST

Make veg the star

- Lentil & mushroom shepherd's pie with parsnip mash
- Spicy peanut butter and corn ramen
- Sweet & spicy carrot tacos

Your 7-day healthy diet meal plan

THE YEAR OF THE SNAKE

Celebrate Lunar New Year with a modern Chinese menu

Warm Comfort Bakes

Maple pecan plait • Mushroom croque monsieur scrolls • Pull-apart garlic rolls with baked camembert

CPI

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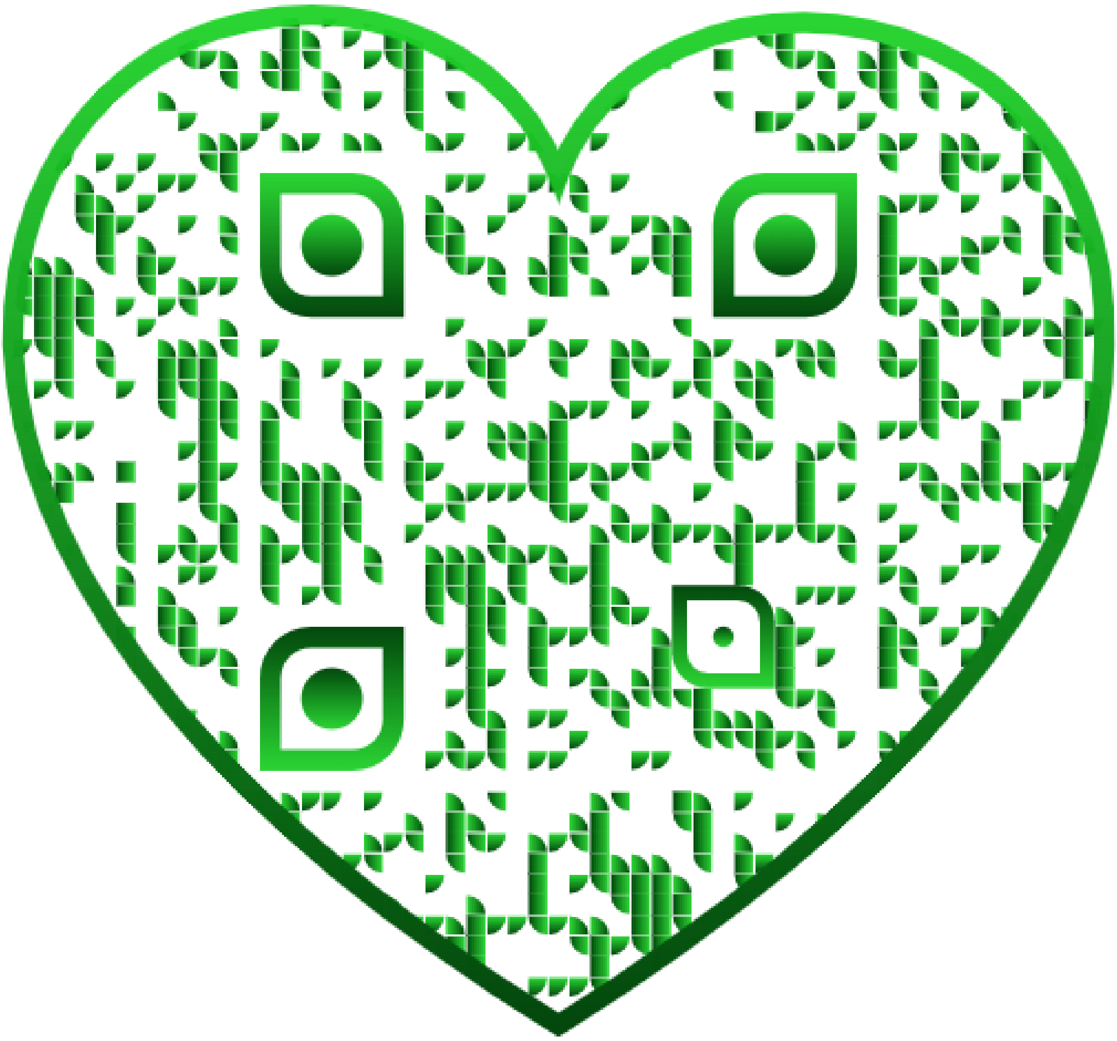

European Organic Food Good Choice

Organic food from the EU is a good choice for those who care about themselves and their loved ones.

It is My choice.

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ENJOY IT'S FROM EUROPE

Welcome!

As we welcome January, a month of fresh starts and renewed intentions, it's the ideal time to gather with family and friends around the table. This issue brims with inspiration for your potluck parties, featuring a comforting Lamb, harissa & cauliflower shepherd's pie, and a delightful Mince pie frangipane tart to use up any holiday leftovers (p29). Warm up with our Turkey & lemongrass curry noodle soup (p37) and embrace Veganuary with our cover star, Sweet & spicy carrot tacos (p53), alongside Nut roast rolls and a sublime Honeyed beetroot & carrot salad with feta and hazelnuts (p75).

Looking ahead to 2025, simplify your life with batch-cooked meals and fill your freezer with wholesome goodness, ensuring you're prepared for busy days (p44). We also have a fantastic array of modern Chinese dishes (p64), Molten cheese fondue for a cosy night in (p72), and lunchbox meal options for all ages (p96). To kickstart the new year on a healthy note, explore Dr. Chintal Patel's vibrant seven-day meal plan, packed with protein-rich dishes (p106). As you plan your holiday adventures, consider our suggestions for sustainably minded travel that respects our planet (p122). Here's to creating memorable moments around the table as we embrace all that this new year has to offer!

Nicola Monteath
Editor

New Inside!

Signature Selections from the team

Spicy Bloody Mary eggs with crunchy croutons

Liz Smyth, Group Sales Director

Roasted cauliflower cheese filo pie

Gill Fairclough, Sales Director

Pear, chocolate & oat pudding

Blanche D'mello, Assistant Editor

Clementine & vanilla porridge with citrus salsa

Lara Gambardella, Sales Director

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EST 1989 MIDDLE EAST

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127 GIFT VOUCHERS, MEALS AND PLENTY MORE

Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

⊘ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C | Iron | Omega-3 | Calcium | Folate | Fibre
Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

Your Say

We love hearing from you!

star letter

While the festive period is a time for indulgence and so many delicious recipes, I loved Dr Chintal's 30-minute healthy meals to keep my family enjoying their fibre, vitamins, whole grains and proteins. The recipes were so simple, quick and flavourful, especially the Chicken pulled tacos with Black bean salad which ticked all the boxes with a fussy family of five! The Tempeh pad thai was amazingly quick and easy, and we swapped out the tempeh for prawns which was amazing. Great festive issue with something for everyone.

Bruce Bremner

I thoroughly enjoyed the December issue, especially the recipe for Pistachio pesto salmon and Vegetable tray bake. It was my first time discovering this dish, and after seeing the mouthwatering photo, I knew I had to try it. Not only does it look delicious, but it's also a healthy option! The recipe was easy to follow thanks to the detailed instructions, and the results were fantastic. Thank you so much for sharing this amazing recipe. I'm already looking forward to more healthy recipes in future issues of your magazine!

Lady Joiryne Moyano

This month's issue was a feast for the senses. The festive recipes, from decadent cheeseboards to creative Christmas puddings, added sparkle to holiday planning. The tips for effortless hosting and reinventing classics were both genius and practical. What truly stood out was the coverage of the inaugural Michelin Guide in Doha. The journey through top-rated restaurants, highlighting the rigorous criteria behind their recognition, was mesmerising. Pairing this with the MENA's 50 Best Restaurants 2024 list created an unparalleled guide to the region's gastronomic excellence. This issue didn't just inspire, it celebrated the art of dining and the spirit of the season. A true culinary treasure!

Arman Sunesh

WIN!

WIN THE ULTIMATE SUNDAY BRUNCH AT O BEACH DUBAI FOR FOUR, WORTH OVER AED 1,500

Get ready for the ultimate Sunday experience at O Beach Dubai! Win an exclusive brunch for four at the stunning Roof Garden Restaurant. Indulge in a Mediterranean-inspired 'sharing-style' feast, featuring signature truffle croquettes, a mouthwatering Sunday roast, and more, all complemented by unlimited beverages. The fun doesn't stop there – after brunch, enjoy two complimentary house drinks at the beach club, complete with live entertainment, immersive shows, and breathtaking beachfront views.

To send in your Star Letter and win this prize, visit the Competitions page on **bbcgoodfoodme.com**

TALK TO US!

Email us on ***feedback@bbcgoodfoodme.com***
with your thoughts and comments, and send us your photos with your copy of Good Food ME!

You can also connect with us on social media! Find us on: ***@goodfoodmiddleeast***

Or, you could write to us at: The Editor, Good Food Middle East, Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.

Photographs SUPPLIED

LOCAL ICON

Introducing Kris Fade, the morning radio host on Virgin Radio 104.4, TV personality on Netflix's *Dubai Bling*, musician, and founder of the homegrown health and wellness brand Fade Fit

Morning routine

I wake up at 4:20am, especially on weekdays, for the radio show. My morning routine includes a hot shower with 15 minutes of steam. I like the place that I wake up, I've got music on in the shower, and it wakes me up. My non-negotiables are coffee: one at 5:45am, another during the radio show at 7:30am, and possibly one more later. My routine is pretty structured - I have my clothes ready and set out, drink my coffee, and head to the studio. Every day is consistent; I take a team photo at 5am and am pretty much a person that loves routine.

Top 3 Spotify artists

I love Black Coffee's music - what he does and his story. Love Drake as well! I think he's just uber talented. If you have a look at all the music that he's produced, it's unbelievable. I'd say Robbie Williams for my third artist. I've had the chance to hang out with Robbie over the past year, which has made listening to his music even more meaningful.

The one dish you've mastered

I love to cook and spent a lot of time in the kitchen - at a café in Sydney - before I got into radio. I've really mastered the art of cooking a perfect steak. Every day, I buy the same Australian T-bone, which I sear on both sides with a bit of butter and a pinch of salt. I pop it in the oven, and it always comes out just right - medium.

If you could only dine on dishes from one TV show

I'd say Friends just because it has such a great variety of characters - there are six of them, so I've got plenty of meal options to choose from. Plus, they're in New York, which means you know you're going to get some good pizza and bagels. So yes, definitely Friends!

Top Dining Spots

Eugène Eugène at Kempinski Hotel Mall of the Emirates

Mimi Kakushi

There are so many! I love Eugène Eugène at Kempinski Hotel Mall of the Emirates. I just love how it looks, and I think the food is absolutely fantastic. Mimi Kakushi as well, I think they serve some of the best sushi in the country.

Go-to takeaway meal

It really depends on my mood. If I'm craving something healthy-ish, I'll go for sushi, a crab salad, and salmon sashimi. But if it's an indulgent meal, give me a double cheese double mushroom pizza, please. I'll do that any day of the week!

Memorable Chef's Table Experience

I can't pinpoint a specific spot that immediately comes to mind. However, I do know that throughout my career, I've had the incredible opportunity to have chefs like Jamie Oliver and Gordon Ramsay cook for me, which I consider an epic experience. If I had to choose, I'd probably want to be at Gordon's. I've had the chance to hang out with him, and he's an absolute legend. Not only is he witty and talented, but he's also genuinely a good guy. So, whatever he would serve me, I'd be more than happy.

Ultimate Dinner Guests:

Who's on Your List?

The late Kobe Bryant. I'm a huge basketball fan. I love everything that Kobe stood for. The Rock is also one of my idols. I've had the chance to hang out and work alongside him and I love everything that he stands for. He works a lot like me. I'd pick Tom Cruise for my third guest. I interviewed him on the red carpet and he's so intense - he looked into my soul. I want to know more about him. And what would I serve? If none of them are vegan, I'm going for steak. I'm keeping it simple. I'm a simple guy. I love my steak. I love my vegetables, some potatoes, maybe gravy and mushroom sauce on the side.

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NEWS *nibbles*

What's hot and happening in the culinary world, across the Middle East

SAVOUR THE FLAVOURS OF ITALY

LA FABBRICA ITALIANA
Tomato Sauce
Sauce
Sauce

La Fabbrica Italiana brings the authentic essence of Italian home cooking to your meals with the launch of its Homemade Italian Sauces by Chef Mau. Crafted with the finest ingredients and inspired by cherished family recipes, these sauces are designed to elevate your dishes. The range includes Passata di pomodoro, a classic tomato sauce slow-cooked to perfection; Arrabbiata, a fiery and flavourful spicy tomato sauce; and Ragù alla bolognese, Nonna's traditional rich and hearty meat ragu. Made in-house, each jar provides enough sauce for two, using 200-250 grams of pasta.

AED45 for the tomato and arrabbiata sauces and AED60 for the bolognese, available exclusively at La Fabbrica Italiana, Wasl 51.

kâdo
kâdo
kâdo

THIS MONTH WE LOVE...

Kâdo, a contemporary café and sweets boutique at Mirdif Avenue Mall in Dubai, is built on traditional family recipes passed down through three generations. Founded by Khatereh Ebrahimi, who drew inspiration from her childhood memories of her aunt baking, Kâdo specializes in meticulously crafted Persian-inspired petit fours, cakes, and biscuits. Led by a talented team, including Khatereh's aunt and a seasoned pastry chef from One&Only and Four Seasons, Kâdo offers luxurious gift boxes and elegant cafe space to enjoy these delights with signature drinks like sparkling rosewater. Don't miss the rangina bites from southern Iran, traditional Persian nochi made with chickpea flour, and locally inspired treats like chocolate date biscuits and white chocolate saffron. The cake menu features an upside-down raspberry cheesecake and a warm sticky date cake with pecans. For something savoury, Kâdo's salty biscuit boxes offer biscuits made with zaatar, Parmesan, and cheddar cheese.

From AED60 for a mini box of 30 petit fours. *Visit Instagram(@Kadodubai).*

Photographs SUPPLIED

Embrace Veganuary

Located inside The Hundred Wellness Centre, the 100 Café is a boutique coffee shop offering vitamin-rich, health-conscious dishes, including dairy-free, gluten-free, and vegan options. Starting the month on a healthy note, 100 Café unveils The Asian noodle salad bowl, a zesty vegan option with rice noodles, peppers, mango, herbs and fresh spring rolls, dressed with a coconut milk-based satay sauce. The Farro and greens salad bowl, packs in protein with quinoa, buckwheat, and blanched green veggies, topped with a soft-boiled organic egg and finished with a pesto cashew miso dressing. For vegans, the Mexican bowl offers homemade Mexican rice with red kidney beans, guacamole and vegan cheese. The Spiced chickpea salad features a brown rice mix and roasted sweet potato as a base with beetroot, hummus, and kimchi. Lastly, the Raw cauliflower salad, available in both vegan and vegetarian versions, is a colourful and tangy mix of cauliflower, chickpeas, red radish, grapes and green apple, finished with roasted pine nuts and a balsamic glaze.

Visit thehundred.ae/100-cafe

Sustainable Treats

House of Pops, known for its 100% natural and plant-based frozen treats, has partnered with Emirates Bustanica, the world's largest vertical farm and a subsidiary of Emirates Flight Catering. This collaboration combines the strengths of both brands, resulting in the launch of two exciting new collections: the Blooming Collection and the Vitality Collection. The Blooming Collection features three exquisite flavours that blend fruit with edible flowers: Orange Passion Bloom, Rosey Lemonade, and Citrus Sunshine. Meanwhile, the Vitality Collection offers nutritious veggie-fruit fusions designed to enhance overall wellbeing, including Lemon Apple Boost - a refreshing blend of lemon, apple, spinach, kale, and ginger - and Beet It, a mix of beetroot and fruits. These delightful "detox pops" reflect a shared commitment to health and sustainability.

Visit houseofpops.ae

GUT-FRIENDLY FIZZ

Booch, a UAE-based kombucha rich in probiotics and antitoxins, introduced three new flavours to kickstart 2025: Pineapple Chilli, Mandarin Turmeric, and Apple Cinnamon. These additions join their existing lineup of popular flavours such as Hibiscus, Raspberry & Ginger, and Strawberry Mint. The new flavours offer a unique taste experience, with Pineapple Chilli delivering a fruity punch, Mandarin Turmeric combining earthy spice with sweet mandarin, and Apple Cinnamon evoking seasonal feelings. To complement these new flavours, Booch has also launched a monthly subscription service across the UAE, enabling customers to receive regular deliveries of their favourite flavours.

Visit booch.ae

BOOCH
KOMBUCHA
handcrafted in Dubai
pineapple chilli
BOOCH
KOMBUCHA
handcrafted in Dubai
mandarin turmeric

Flavours of the month

What's hot and happening around town this month

LÚNICO

The winter menu brings comforting Spanish and Mediterranean flavours to the forefront, with hearty tapas and mains perfect for the season. Highlights include the slow-cooked Pulpo basco, charred Octopus with Romano pepper sauce, and the warming Arroz con Mariscos, alongside lighter dishes such as Green apple oyster and Salmon crudo. The Purple potato mille-feuille, with foie gras and caramelised onion, while dessert features the nostalgic Grandma's Crema catalana.

Contact +97150 2776 503.

CHOUCHOU

This new beachfront dining destination at J1 Beach offers a taste of St. Tropez with classic French cuisine. Open for breakfast, lunch, and dinner, highlights include fresh seafood platters, French onion soup, Escargots, Black Angus filet, and Milk-fed lamb rack, complemented by signature French sauces. Desserts such as Lemon meringue tart and Chocolate mousse add a decadent finish to the meal.

Visit chouchoudxb.com.

Lúnico

Photographs SUPPLIED

LAGUNA BEACH TAVERNA & LOUNGE

The Dream Catchers Evening Brunch at Sofitel Dubai The Palm has returned for the winter season, offering a boho-chic dining experience with Greek-Mediterranean flavours. The refreshed three-course sharing menu features dishes like Salmon Tartare, Garlic Prawns, and Greek Baklava, paired with free-flowing house beverages and signature concoctions. Guests can enjoy live music, a resident DJ, and on full moon nights, a captivating fire show, creating a dreamy start to the weekend.

Friday, from 8-11pm. AED299 for ladies and AED349 for gents. Contact +97152 925 0736.

GAF

Offering a unique dining experience that blends Emirati hospitality with European flavours, this One Central spot celebrates the UAE's rich traditions. Inspired by the Ghaf tree—symbolising strength and resilience—its design and menu reflect a harmonious fusion of heritage and modernity. Dishes such as the Musakhan breakfast, White truffle balaleet, and Seafood risotto showcase local ingredients with contemporary European twists, while the atmosphere combines traditional Emirati elements with a sleek, modern touch.

Contact +9714 220 2114.

THE PERMIT ROOM

Located at Majestic City Retreat in Al Mankhool, this spot features cosy mini living rooms and a buzzing rooftop terrace, V'Desi, offering stunning views and an electric atmosphere. Indulge in Pav bhaji focaccia and Erachi pepper patti samosa, sip on expertly crafted drinks and soak in the beats—whether you're after a casual catch-up or a high-energy night out.

Contact +97154 791 1796.

DUO GASTROBAR

Duo Gastrobar has opened its new location at Dubai Creek Harbour, offering breakfast, lunch, and dinner in a vibrant part of the city. The restaurant, designed by Bishop Design, boasts stunning views of Dubai Creek and features a relaxed, yet refined atmosphere with floor-to-ceiling windows and custom wooden furnishings. Guests can enjoy the same inventive menu that made Duo a favourite in Dubai Hills, including dishes such as Young cabbage with black truffle and Oxtail pie with taleggio.

Contact +97152 756 7663.

AKABEKO

Dubai's first table-top Yakiniku restaurant, renowned for its premium A5 Wagyu, invites working professionals to enjoy its signature Teishoku Lunch. Featuring five Wagyu-centric set meals—Wagyu katsu curry, Wagyu stew, Beko bao, Yakiniku, and Soondubu—each set reflects the Japanese tradition of balanced and satisfying dining.

Tuesday-Sunday, from 12pm-4pm. AED160 per person. Contact +97150 561 8288.

JUN'S

The restaurant's new tasting menu, inspired by Chef Kelvin's culinary journey, blends cherished favourites with bold innovations. Highlights include signature Pani puri, Coconut with dry-aged seabream, Kinilaw, and creative bites such as Not a salmon bagel and Fish tikki chaat. The experience wraps up with comforting dishes such as Congee and beef and Broccoli noodles, followed by Coconut water sorbet and a personalised Fortune cookie.

AED485 per person for an eleven-course non-vegetarian tasting menu and AED425 per person for an eleven-course vegetarian tasting menu. Contact +9714 457 6035.

ASHA'S

Step into Asha's at Wafi City, where the rich aromas of Indian spices and a multi-sensory feast await. Founded by the legendary Indian singer Asha Bhosle, this flagship restaurant blends authentic culinary traditions with contemporary flair, attracting celebrities like Ed Sheeran and Tom Cruise. Alongside its elegant interiors, Asha's offers unique spaces for gatherings, such as the whimsical Pool Island for private parties during cooler months and the expansive Rooftop Garden, perfect for larger events with entertainment, a bar, and BBQ area. Signature dishes, including Dal makhani, Murgh malai kebabs, and Kerala chilli garlic prawns, are paired with bespoke beverages crafted by Asha's international mixologist.

Visit ashasrestaurants.com.

MIMI MEI FAIR

This destionation offers a luxurious dining experience inspired by Empress MiMi's secret residence. The restaurant's interiors blend sophistication and storytelling, with influences from Beijing's Forbidden Palace, 1920s Shanghai, and Chinese folklore. Signature spaces include The Parlour, The Library, The Peacock Room, and The Moon Bar, each featuring elegant design and unique narratives. The menu, a journey through Mainland China, Hong Kong, and Singapore, offers a mix of authenticity and innovation. Highlights include Apple Wood-fired roasted peking duck, Live native lobster, Angus beef short rib, and Wok-fried silk road lamb, as well as decadent dim sum such as Xiao long jewels and Seafood treasure dumplings.

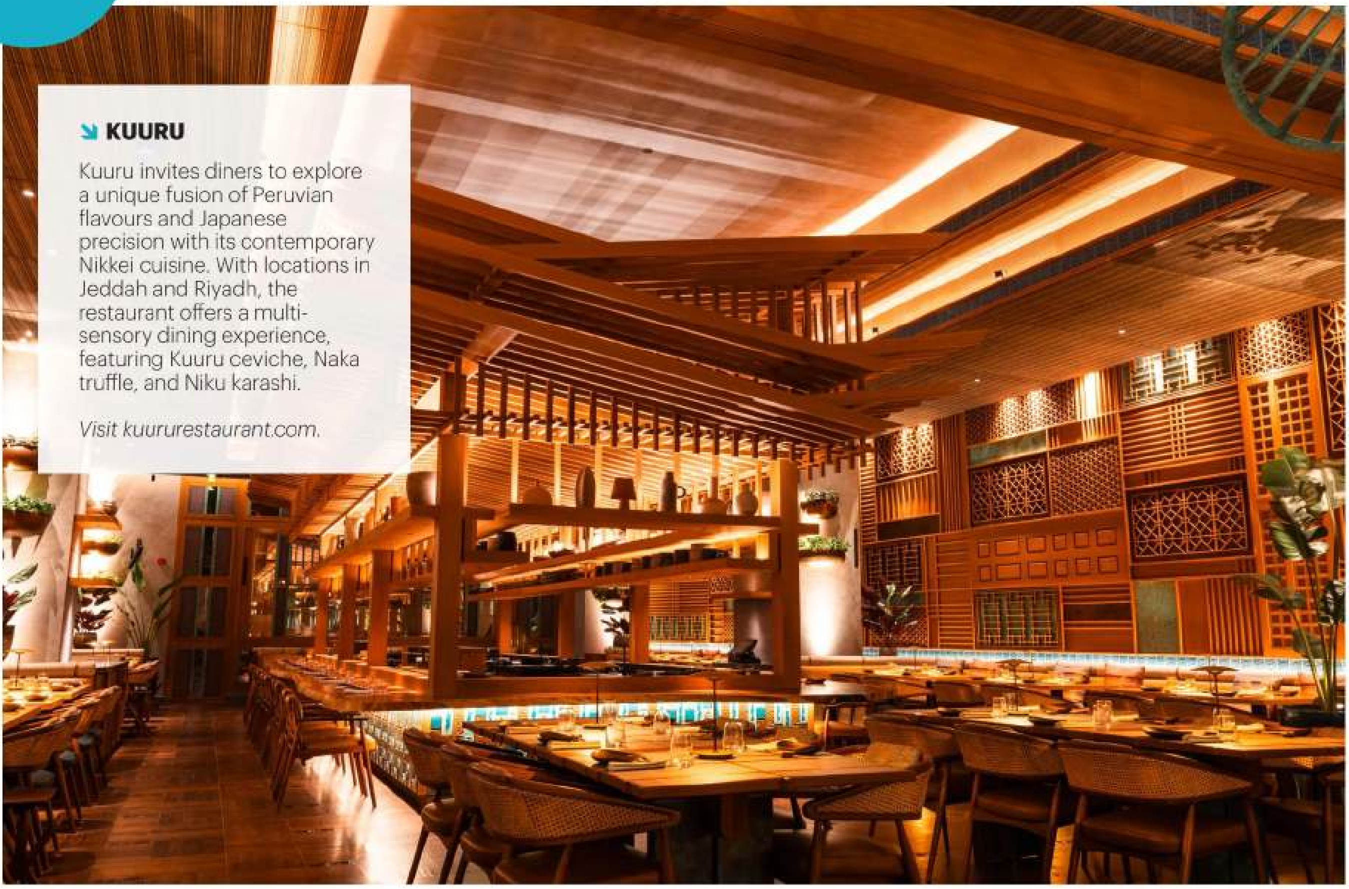
Contact +9714 570 0825.

ZUMA RIYADH

The renowned contemporary Japanese izakaya has opened its doors in Riyadh, marking a new chapter. Located in the King Abdullah Financial District, the restaurant features interactive sushi and robata counters, a sophisticated bar, and a lounge for late-night dining, along with private event spaces. The extensive menu includes Miso marinated black cod and Salt grilled seabass, alongside exclusive creations such as the Ajwa date and Miso toffee cake, bringing a unique regional touch.

Contact +966 9200 14597.

KSA



KUURU

Kuuru invites diners to explore a unique fusion of Peruvian flavours and Japanese precision with its contemporary Nikkei cuisine. With locations in Jeddah and Riyadh, the restaurant offers a multi-sensory dining experience, featuring Kuuru ceviche, Naka truffle, and Niku karashi.

Visit kuururestaurant.com.

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ON TEST:

Ninja Foodi Dual Zone Air Fryer

This air fryer is no ordinary kitchen appliance; it's a dual-drawer powerhouse that can revolutionise your cooking routine. Imagine the ease of preparing a full English breakfast – crispy bacon in one drawer, eggs baked in a ramekin in the other – without the hassle of standing over the stove.

Our experience with the Ninja Dual Zone Air Fryer (7.6 litres) was impressive. With its sleek, modern design featuring a matte black finish and shiny stainless steel accents, this appliance is as visually appealing as it is practical. The two spacious drawers come equipped with removable non-stick crisper plates, making it easy to use and clean. Spoiler alert: your oven might start feeling a bit neglected.

A Feast of Functions

Using the air fryer is straightforward. After a quick wash of the drawers and crisper plates, you're ready to start cooking. The package includes a comprehensive instruction booklet and a recipe book, both of which are invaluable resources. The instruction booklet provides clear diagrams and step-by-step instructions, guiding you through the various cooking modes with ease.

The Ninja Foodi Dual Zone Air Fryer features an intuitive touch screen with independent controls for each drawer, along with a sync or match feature. This allows you to cook the same dish simultaneously in both drawers or coordinate different foods with varying cooking times, temperatures, and programs. This versatile appliance excels in multiple roles: air frying, roasting, baking, reheating, dehydrating, and the 'Max Crisp' function to transform frozen foods into crispy delights in mere minutes.

Taste Assessment

To test the sync function, we cooked chicken breasts seasoned with garlic, sweet paprika, and herbs in one drawer at 180C for 18-20 minutes. In the other drawer, we prepared thick-cut duck fat sweet potato fries. The result was tender and juicy chicken breasts paired with crisp, flavourful fries. This combination created a well-rounded dinner, especially with a salad on the side.

We also tested the appliance's versatility with dim sum fried snacks and cheese-filled spring rolls, which retained their interior texture perfectly while delivering a crisp, crunchy bite. The bake feature turned chicken strips into tender, fresh bites - a great meal for children, while the roast function produced a succulent whole baby chicken with crispy skin.

The countdown timers on the screen provided a clear view of the cooking progress, and the audible beep at the end ensured we never missed the completion of our dishes. The auto-pause feature seamlessly halted cooking when a drawer was opened and resumed once closed, adding to the convenience.

The Verdict

In today's energy-conscious world, this appliance emerges as a great choice. With claims of up to 75% energy savings compared to conventional ovens, this is a win-win for both your electricity bill and environmental footprint. While there may be a slight learning curve, once you get the hang of it, you'll wonder how you ever managed without it. The non-stick baskets and dishwasher-safe components make cleanup a breeze, eliminating the chore of scrubbing greasy pots and oven trays. Whether you're a busy individual looking for balanced meals or a parent seeking quick and healthy meal options, this Ninja has your back. It's not just about healthier cooking; it's about smarter, more efficient cooking that doesn't compromise on taste. If you're looking to elevate your cooking game, the Ninja Foodi Dual Zone Air Fryer is an exceptional and versatile cooking companion.

Available for AED899 at Better Life UAE stores, Crate and Barrel, Sharaf DG, and leading hypermarkets across the Middle East.

Tried & tasted

Our top dining experiences this month

CARNA

Set high on the 74th floor of SLS Dubai, Carna welcomes guests with a stylish, refined atmosphere that feels both modern and timeless. The space has a glamorous, Gilded Age vibe, thanks to plush crimson seating, art deco-inspired touches, and warm wood accents that add a touch of luxury.

Mirrors and grand ceilings open up the space, while soft lighting creates a relaxed, intimate feel. For a more private experience, there's a cosy, tucked-away dining room, making Carna the perfect spot for both a lively dinner and a quieter, more exclusive occasion.

The highlights

Once seated with a breathtaking view of the Dubai skyline, we couldn't resist trying out the new truffle menu— where you can expect luxury from start to finish. From the first bite of the Truffle Butter paired with homemade sourdough bread, it was clear we were in for something special. The bread, with its golden crust and soft, fragrant centre, carried the rich, earthy essence of truffle butter—a simple yet delicious start to the meal.

The Wild mushroom & truffle croquette followed, offering a wonderful play on textures. Its crisp, golden shell gave way to a creamy, umami-packed filling, while the black garlic aïoli provided just the right touch of tanginess to balance the dish. Then came the Steak tartare & truffle, an instant favourite. Tender, finely seasoned beef was perfectly layered on crispy, deep-fried potato, complemented by silky truffle bone marrow mayo and finished with delicate shavings of fresh truffle.

The Roast chicken cannelloni & truffle redefined comfort food, with tender cannelloni encased in a velvety truffled béchamel and chicken jus, topped with slivers of fresh truffle. The Wild Mushroom & White Truffle Risotto was decadence on a plate—creamy rice infused with nutty brown butter and earthy mushrooms, topped with crisp parmesan and generous shavings of white truffle.

For mains, the Roasted duck breast rossini kept the bar high, featuring succulent duck, buttery foie gras, and smooth, truffled mash. To round off the meal, the Cow's milk dessert was a playful yet elegant finale. The milk ice cream, paired with the caramel notes of dulce de leche and the delicate aroma of white truffle, brought a creative and satisfying end to the evening.

Book now

AED595 per person. Call +9714 607 0737 or visit slshotels.com/dubai/restaurants-and-bars/carna.

BUSSOLA

Tucked away in the lush expanse of Jumeirah Golf Estates, Bussola offers a serene and elegant setting, where fresh, handmade pastas and authentic Italian cuisine take centre stage, crafted daily under the expert guidance of the Italian head chef. The interiors exude understated charm, with natural wood accents, neutral hues, and soft ambient lighting. We opted for a table indoors, near the floor-to-ceiling windows, offering sweeping views of the pristine golf course.

The real showstopper is Bussola's expansive terrace. Perfect for al fresco dining, it blends into the tranquil surroundings, with the manicured greens stretching out as far as the eye can see. Even from indoors, the views bring a sense of openness and calm, making every moment at Bussola feel like an escape from the city's relentless pace.

The highlights

We began with the Polenta fritta, the fried polenta, stuffed with creamy Taleggio cheese, was crispy on the outside and decadently soft on the inside, while the rich puttanesca sauce added a burst of flavour with its tangy tomatoes, olives, and capers. Next, the Parmigiana arrived, an absolute classic done to perfection. The aubergine was tender and layered with melted cheese, all baked to golden perfection, and paired with a robust tomato sauce that balanced the richness beautifully.

For mains, the Risotto alla Milanese was nothing short of exceptional. The Aquarello rice was cooked to a perfect al dente texture, while the saffron infused the dish with a fragrant earthiness, and the veal ossobuco was melt-in-your-mouth tender, enriching the risotto with its deep, savoury flavour. The Polletto alla piasta, a corn-fed baby chicken, was deboned with precision and marinated in a fragrant chilli sauce that gave it a gentle kick. The roasted potatoes on the side were perfectly crispy and soft, making for a delightful accompaniment to the tender chicken.

To finish, we had the Tiramisu, which was beautifully balanced—light, creamy, and with just the right amount of coffee flavour to complement the richness. My dining partner opted for the Hazelnut ice cream, which was smooth, creamy, and packed with a deep nutty flavour that was the perfect end to a fantastic meal.

Book now
Call +9714 586 7760 or visit dubaigolf.com/bussola.

THE TASTE OF VISION

Ahmed Alajmi, founder of Takara Hospitality Group (THG), is a trailblazer in Saudi Arabia's burgeoning dining scene, blending his engineering background with an innate passion for gastronomy

"I come from a family that has always appreciated good homemade food made with local ingredients and minimal imports. One dish that I particularly enjoyed was my mother's Molokhia, which I could eat in large quantities," he shared. Alajmi's professional roots lie in aeronautical engineering, specialising in the construction of commercial aircraft engines. His studies and career took him to cities like New York, London, and Paris, where he developed a global perspective. Upon returning home, he often wondered why the Kingdom lacked high-end dining options, particularly in Khobar, despite Bahrain's proximity and thriving culinary scene. Undeterred by the risks, he and his team launched TAKARA in 2019, the region's first Japanese restaurant.

Reflecting on the challenges, Alajmi recalls entering the industry with no knowledge of hospitality-specific terms or practices like FOH, BOH, and HACCP, and with little understanding of kitchen operations or service flow. "Managing a diverse team with varied backgrounds and interacting with guests from all walks of life while ensuring satisfaction was a steep learning curve," he explains. Yet, TAKARA achieved remarkable success, boasting an 80% daily occupancy rate and a 90% staff retention rate. Today, Alajmi leads THG's portfolio of thriving concepts, combining his engineering expertise with a relentless drive to redefine the hospitality landscape in Saudi Arabia.

How do you strike the balance between introducing new culinary experiences and ensuring familiarity?

Concurrently, we employ focus groups to gauge reactions across different socio-economic levels, always beginning with the question, 'how much would you pay for this experience?.' We also ask ourselves what our clients want before planning a new restaurant. Our growth strategy focuses on filling market gaps and meeting local tastes, rather than assuming customer preferences.

With over 18.8 million Saudis in the country, 63 per cent of whom are under 30, we knew that we had to cater to their interests in fashion, experiences, social media and lifestyle.

Every day, we ask ourselves 'why would people choose our place or product?.' We proceed once we grasp our unique selling point and its market appeal. This is one of our success keys, too.

Could you share some insights into the challenges and successes of embedding sustainability into your operations?

Importing ingredients into the Kingdom of Saudi Arabia is not an easy task. In addition, getting the correct ones for such different cuisines as Japanese, American and Persian was a big headache. Then is when we decide to do it ourselves and open it to others.

We created SANTIAM. A company that is expert in sourcing, storing, and distributing high-quality food products to both the food service and retail markets in Saudi Arabia. It is worth mentioning that SANTIAM only imports products that do not have a match in the local market. Also, we only deal with reliable sources and exclusively supply products that cater to the needs of a diverse customer base. At the same time, we are on the road to developing an informatics answer that we believe will be the answer to many who want to be connected to local suppliers directly from wherever they are located.

We Saudis are extremely nationalistic. We love our country and we are blindly aligned with the guidance of our leaders towards converting Saudi into the number 1 destination in the world. Local food has become increasingly popular in the Kingdom, as not only do customers appreciate the freshest quality produce, but they also value knowing they are supporting regional farmers while enjoying flavours that are known by their palates. An invaluable advantage to sourcing local ingredients for your restaurant is cost-effectiveness.

Supporting local vendors who have created a product specifically for your restaurant can help you save money, as opposed to purchasing from bigger, often international suppliers. Moreover, reducing transportation costs by buying locally also helps businesses cut superfluous logistical overheads and spares them the obligation of paying national import fees.

Reducing food waste is an important aspect of THG's sustainable restaurant management. Food waste not only has a significant economic impact on the restaurant industry, but it also harms the environment and communities struggling with food insecurity. THG sourcing local ingredients helps to reduce food waste by ensuring that we only purchase the amount of food needed, as well as reducing the risk of spoilage due to long-distance transportation. Also, remember that if a supplier does not receive a product will source it in the local market and re-sell it to you with a bigger margin.

How do you plan to ensure THG stays relevant and competitive in a price-sensitive market?

We always search for gaps in the market. Instead of importing brands, we create versions that suit local tastes. It is important to note that we never copy other products. We ask ourselves daily, "Why would people choose our place or product?" Once we understand our unique selling point and whether it will sell or not, we move accordingly. That is one of our key factors for success. At THG, we ensure that we cater to our customers' tastes. For example, our Japanese restaurant, TAKARA, respects traditional Japanese preparation but also incorporates local ingredients such as Kunafa, Za'atar, and Arabic ghee to tailor to the taste of the local crowd. We use 90% proximity products to cater to the customers' love for their country. This approach has helped us maintain a high level of customer satisfaction and keep our venues full.

We applied the same formula to all of our venues and constantly asked ourselves what our clients crave before even placing a single letter in our draft of a venue. The idea is to grow by filling gaps of what is not there and, above all, what is required by local taste.

We are not simply adding something because "we believe customers will like it." We usually look for what the market is lacking. There are always culinary gaps that can be explored. We do not rely only on, for example, "opening a Korean Cuisine simply because there is no Korean offering available."

We sustain our work with deep feasibility studies and, above all, with market polls. We conduct several polls among leaders of opinion and influencers depending on the level of cuisine and segment we want to enter before even placing a name on the venue or even start looking for a location. At the same time, we conduct focus groups to see reactions at different socio-economical levels to the product and always ask the same question first: what would you pay for this experience? When we have that answer, we proceed to see if it is economically reliable to be added.

Looking back on your journey, is there a specific moment or milestone that reaffirmed your decision to build THG?

I remember clearly that morning on March 15th, 2020, when the COVID-19 pandemic forced every single restaurant in the Kingdom to close down. Just three months earlier, in December 2019 I had invested every coin into opening my dream—a fine-dining Japanese restaurant in Al Khobar, the city that owns my heart.

As a business continuity-oriented person, I thought to myself, "It took me a lifetime to put this project together. Let us keep the team and wait for this to pass. We will make it happen afterwards." By August 2020, restrictions were lifted. My team was still with me, and proudly, I must say that 90% of them are still with us five years later.

I vividly remember standing outside with my bank account in the negative, when one of our waiters—who is now one of our fearless leaders—said, "Boss, the worst is behind us. Now we will turn this place into the best restaurant in Saudi Arabia."

A lot has happened since then (including TAKARA winning the best Restaurant in Saudi Arabia). Five years have passed, and our group has grown by focusing on concepts that resonate with local tastes while carefully managing our finances and expansion plans. Takara Hospitality Group now operates notable brands, including TAKARA, Sold Out, Ziba, Sushi & Co., Hakuna Patata, and SANTIAM, all of which are known for their quality and culturally aligned dining experiences.

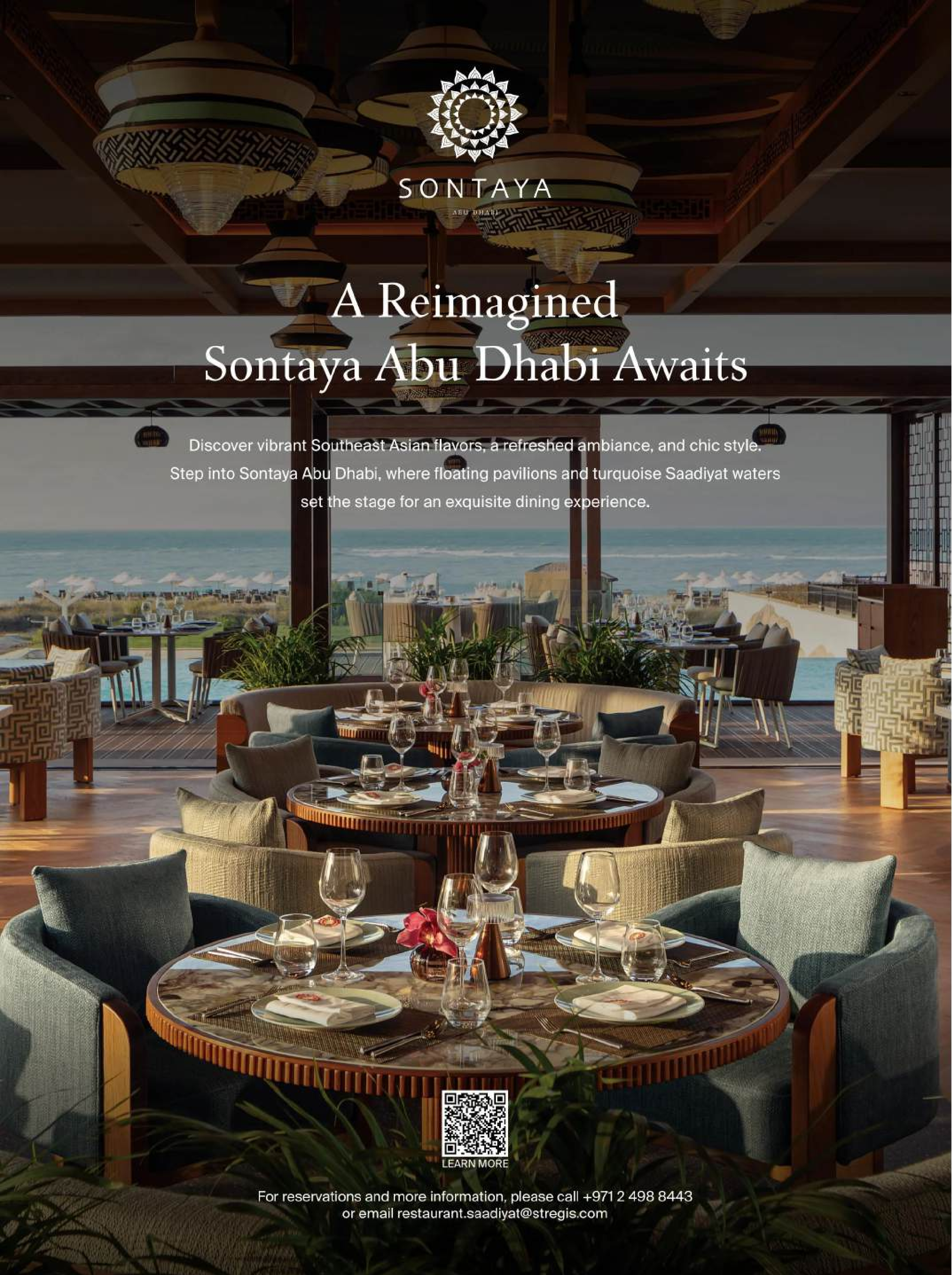
Just a week ago, we opened our sixth venue, Sold Out Dhahran, which was packed from minute one. A couple of days before we approved our 2025 business plan which includes a minimum of six new locations and three new brands in the next 12 months across Saudi Arabia and the GCC.

With THG's expansion plans already underway, could you share more about the upcoming projects or restaurant concepts you're most excited about in the next few years?

I can mention three major projects in the Kingdom. The first one is ROSHN, which is a giga-project aimed at increasing the homeownership rate in Saudi Arabia to 70% by the end of this decade. It is a technology-driven project with over 200 million square meters of land bank. The second one is Qiddiya, located southwest of Riyadh. This giga-project will create a cultural, sports, and entertainment destination to enhance the quality of life for the Kingdom's residents. Third but not least, is the Jeddah Tower, which is expected to be the world's tallest building, surpassing the Burj Khalifa, with an estimated height of one kilometre. It is worth mentioning also, what Dhahran is doing with the Rig, a world-first amusement park to be built on an offshore platform in the Arabian Gulf.

Our team is closely monitoring the market and has plans to expand our already successful brands and open new ones in all significant cities in the Middle East in the next 30 months. Our goal is to have at least 11 new locations by September 2026, while maintaining a structured and financially sound approach.

For more information, visit thgsaudi.com



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easy

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midweek meals

COOK SMART

fresh from the air fryer

Is this kitchen gadget on your list? Try it out with our simple recipes

recipes HELENA BUSIAKIEWICZ *photographs* KIM LIGHTBODY

Maple-glazed sausages & parsnips with herby lentils

Thai-style fishcakes with smacked cucumbers

Maple-glazed sausages & parsnips with herby lentils

With just 15 minutes' prep, this is a quick win for a cold winter's night. Swap out the parsnips for sweet potatoes, if you prefer.

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY**

2 tbsp olive oil
2 garlic cloves, grated
$1\frac{1}{2}$ tbsp wholegrain mustard
1 tbsp maple syrup
8 sausages
4 parsnips (roughly 400g), chopped into 5cm batons
2 x 250g packets of ready-cooked lentils
10g parsley, finely chopped
10g chives, finely chopped
1 lemon, zested and juiced

1 In a small bowl, whisk together the olive oil, garlic, mustard and maple syrup. Season well with salt and pepper, then set aside.
2 Line the air fryer basket with foil. Put the sausages and parsnips in, spacing them out a little. Heat the air fryer to 180C and cook for 10 mins, then drizzle with half of the maple glaze mixture and toss well to coat. Cook for another 15 mins.
3 Cook the lentils following pack instructions, then mix with the herbs, lemon zest and juice, and plenty of seasoning. Split between four plates then top with the sausages, parsnips and a final drizzle of the remaining dressing.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 574 kcals • fat 27g • saturates 8g • carbs 46g • sugars 11g • fibre 16g • protein 28g • salt 1.71g

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Thai-style fishcakes with smacked cucumbers

As well as livening up a weeknight dinner, these little fishcakes work as a spicy nibble for a drinks party.

SERVES 4 **PREP** 20 mins
COOK 15 mins **EASY**

250g skinless trout or salmon fillets
1 tbsp red Thai curry paste
10g coriander, finely chopped
1 tsp fish sauce
1 lime, zested and juiced
1 tbsp lemongrass paste
2 garlic cloves, grated
3 tbsp plain flour
50g panko breadcrumbs
2 x 250g pouches of ready-cooked brown rice, coriander and sriracha, to serve

For the smacked cucumber
1 cucumber
1 garlic clove, grated
2 tsp soy sauce
1 tsp caster sugar
1 tsp rice wine vinegar
2 tsp chilli oil

1 Put the fish and other ingredients except the flour and panko in the bowl of a food processor. Pulse to form a chunky paste, then transfer to a bowl and stir in the flour.
2 Using slightly wet hands, shape them into small patties, around 8-10. Tip the breadcrumbs onto a plate, and roll the fishcakes through to coat. *Will keep chilled for two days.*
3 Heat the air fryer to 180C. Cook for 10-15 mins, turning halfway until golden and cooked through.
4 Meanwhile, for the smacked cucumber, lightly bash the cucumber along its length using a rolling pin, breaking the flesh a little without turning it to a pulp. Cut the cucumber in half and scoop out the seeds, then cut the flesh into bite-sized pieces. Sprinkle over $\frac{1}{2}$ tsp salt, leave for 10 mins, then rinse well in cold water and drain.
5 Mix the remaining ingredients in a medium bowl and toss the cucumber through.
6 Heat the rice following pack instructions, then serve with the fishcakes, smacked cucumber, coriander sprinkled over and some sriracha for dipping.

GOOD TO KNOW low cal • fibre • 1 of 5-a-day
PER SERVING 390 kcals • fat 9g • saturates 2g • carbs 53g • sugars 4g • fibre 6g • protein 21g • salt 1.9g

Shoot director FREDDIE STEWART | Food stylist NICOLA ROBERTS | Stylist AMY KINNEAR

Sticky pork & rice noodle lettuce wraps

Building these wraps at the table is a fun and festive way of eating. Serve with your favourite chilli oil, if you like a spicy kick.

SERVES 4 **PREP** 10 mins
COOK 25 mins **EASY**

450g pork belly strips, cut into 3cm chunks
150g rice noodles, cooked following pack instructions
½ tsp sesame oil
2 limes, 1 juiced, 1 cut into wedges, to serve
5g coriander, roughly chopped, plus extra to serve
1 Iceberg lettuce, or 2 Little Gem lettuce, leaves separated
1 carrot, cut into thin strips (use a mandoline if you have one)
½ cucumber, cut into thin strips (use a mandoline if you have one)
chilli oil (optional), to serve

For the sauce
3 tbsp oyster sauce
1 tbsp light soy sauce
1 tbsp maple syrup
½ tbsp rice wine vinegar
2 garlic cloves, grated
5g ginger, grated

1 Mix all the sauce ingredients in a medium bowl, whisking to combine. Pour most of the sauce over the pork belly, making sure it is well coated. Reserve the remaining sauce for basting later.
2 Line the air fryer basket with foil and heat it to 200C. Once hot, tip the pork belly into the basket, spacing the pieces out where you can. Cook for 15-20 mins, turning every 7 mins. On the final turn, baste with the remaining glaze.
3 Meanwhile, mix the noodles with the sesame oil, lime juice and coriander. Season to taste.
4 When the pork is cooked, bring everything to the table, and let everyone fill their lettuce cups with some noodles, pork and veg. Sprinkle over more coriander and serve with lime to squeeze over and chilli oil for drizzling, if you like.

GOOD TO KNOW folate • 2 of 5-a-day
PER SERVING 435 kcals • fat 19g • saturates 6g • carbs 39g • sugars 7g • fibre 3g • protein 25g • salt 2.11g

Green goddess bowl with crispy sesame tofu

Coating the tofu in sesame seeds makes it lovely and crisp.

SERVES 4 **PREP** 20 mins
COOK 20 mins **EASY V**

1 tbsp soy sauce
1 egg, beaten
3 tbsp flour
75g black and white sesame seeds
450g tofu, thoroughly dried with kitchen paper and cut into strips
2 x 250g pouches of ready-cooked quinoa
½ white cabbage, shredded
160g edamame
1 green apple, chopped into matchsticks
chilli flakes, to serve (optional)

For the dressing

1 avocado, peeled and chopped
15g coriander
15g basil
100g thick Greek yogurt
1 lime, zested and juiced

1 Pour the soy sauce and beaten egg into a small bowl and whisk to combine. Put the flour in another bowl and season, and the sesame seeds in a third bowl. Using tongs, dip the tofu pieces first in the flour, then the egg, then in the sesame seeds and turn to coat on all sides.

2 Transfer straight to the foil-lined basket of an air fryer. Cook for 10-15 mins, turning halfway, until golden and crisp.

3 Meanwhile, make the dressing by blitzing all the ingredients in a blender until smooth. Season, then loosen with a little water to a thick but pourable consistency. *Will keep chilled for up to two days.*

4 Heat the quinoa following pack instructions, then divide between four bowls. Put the cabbage, edamame and apple in a large bowl and toss with the dressing. Serve on top of the quinoa along with the crispy tofu. Scatter with chilli flakes, if you like, and serve.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 2 of 5-a-day

PER SERVING 749 kcals • fat 35g • saturates 7g • carbs 64g • sugars 10g • fibre 16g • protein 36g • salt 0.73g

Chilli bean & guacamole topped chips

This is an easy dinner that's perfect for a Friday night after a long week. Some soured cream would go well, if you have any.

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY V**

- 450g frozen oven chips
- 1 tbsp plus 1 tsp Cajun spice mix
- 400g can baked beans
- 1 garlic clove, grated
- 60g cheddar, grated

For the pickled onions

- 1 red onion, finely sliced
- ½ lime, juiced
- ½ tsp caster sugar

For the guacamole

- 1 avocado, chopped
- 1 lime, zested and juiced
- ½ tsp chilli flakes, plus extra to serve (optional)
- 5g coriander, finely chopped, plus a few leaves to serve

1 Heat the air fryer to 180C. Cook the chips following pack instructions, then toss with 1 tbsp of the Cajun spice and a good pinch of salt. Set aside.

2 Make the pickled onions by scrunching the red onion with the lime juice and sugar in a small bowl. Season with a little pinch of salt and set aside in the fridge to lightly pickle.

3 Put all the ingredients for the guacamole in a medium bowl. Smash lightly with a fork and season. Set aside. Tip the baked beans into a small saucepan with 1 tsp Cajun spice, the garlic and some black pepper. Heat for 3-4 mins, stirring often, until hot.

4 Line the air fryer with foil, so it goes high up the sides (this will make it easier to remove the chips later). Scatter the chips on the foil, then top with the beans and cheese. Cook for 3-4 mins until the cheese is melted and golden. Carefully remove from the air fryer onto a large serving plate.

5 Spoon over some guacamole and serve more on the side, along with the pickled onions. Scatter with more coriander and chilli flakes, if you like.

GOOD TO KNOW low cal • fibre • 2 of 5-a-day
PER SERVING 400 kcals • fat 18g • saturates 6g • carbs 42g • sugars 8g • fibre 10g • protein 12g • salt 1.5g

Caramelised onion chutney & soured cream dip with air fryer crisps

COOK SMART

Quick & clever chips 'n' dips

For a speedy solution to a last-minute get-together, these recipes will go down a treat *recipes* AILSA BURT *photographs* MYLES NEW

easy

Loaded black bean dip with quick tortilla chips

IPA & red leicester dip with pretzel croutons

Caramelised onion chutney & soured cream dip with air fryer crisps

This is a great way to use up any leftover chutney from your cheeseboard.

SERVES 6-8 **PREP** 15 mins
COOK 30 mins **EASY**

3 tbsp caramelised onion chutney
1 shallot, finely chopped
300g soured cream
1 tsp garlic powder
1 tsp onion powder
½ tsp celery salt
2 tsp Worcestershire sauce
lemon juice, to taste
1 spring onion, finely sliced
2 tbsp dried crispy fried onions
small handful of chives, finely sliced (optional)

For the crisps
2 tbsp vegetable oil
500g potatoes, scrubbed and unpeeled

1 Start by making the crisps. Slice the potatoes as thinly as you can, around 0.3mm, and toss with the oil and plenty of seasoning. Arrange in a single, even layer, in the base of your air fryer basket. You will need to cook in batches at 195C for 10-15 mins per batch.
2 In a serving bowl, mix together the chutney, shallot, soured cream, garlic powder, onion powder, celery salt and Worcestershire sauce. Season to taste with lemon juice, salt and pepper, then stir in the spring onions. *Will keep chilled for up to 24 hours.* Scatter over the crispy onions and chives to serve, if you like.

PER SERVING (8) 200 kcals • fat 11g • saturates 5g • carbs 20g • sugars 6g • fibre 2g • protein 3g • salt 0.4g

tip

The crisps will stay crunchy for only a few hours, so it's best to make them on the day of serving.

IPA & red leicester dip with pretzel croutons

This Bavarian-inspired combo is a surefire crowdpleaser, with a little kick from cayenne pepper.

SERVES 8-10 **PREP** 15 mins
COOK 30 mins **EASY**

30g butter
30g plain flour
1 tsp garlic powder
1 tsp mustard powder
¼ tsp cayenne pepper (optional)
200ml whole milk
175ml IPA beer
1 tsp Worcestershire sauce
200g red leicester cheese, grated
small handful of chives, finely sliced

For the pretzel croutons
4 whole soft pretzels
1 tbsp sunflower oil

1 Heat the oven to 200C/180C fan/gas 6. To make the pretzel croutons, tear the pretzels into small pieces and place on a roasting tray. Drizzle over the oil, then toss together to coat using your hands. Bake in the oven for 15-20 mins until golden and crisp.
2 Meanwhile, melt the butter in a medium saucepan over a medium heat. Once melted and foaming, stir in the flour to make a paste. Cook, stirring from time to time, for 2-3 mins, until slightly darkened. Mix in the garlic powder, mustard powder and cayenne pepper, if using, then gradually and slowly pour in the milk, splash by splash, whisking well after each addition. Pour in the beer and whisk it in. Bring to a simmer and leave to bubble for 5 mins until thickened and reduced slightly. Remove from the heat and whisk in the Worcestershire sauce and cheese. Pour into a warm dish and sprinkle with chives. Serve straightaway.

PER SERVING (10) 258 kcals • fat 12g • saturates 7g • carbs 26g • sugars 3g • fibre 1g • protein 10g • salt 0.9g

tip

You can also serve this with pretzel thins or sourdough croutons.

Loaded black bean dip with quick tortilla chips

To make this vegan, swap the cheeses for plant-based alternatives or leave them out.

SERVES 6-8 **PREP** 20 mins
COOK 20 mins **EASY** **V**

1½ tbsp olive oil
1 small red onion, finely chopped
3 garlic cloves, crushed
2 x 400g cans black beans, drained and rinsed
2 limes, 1 juiced, 1 cut into wedges
4 pickled jalapeños, roughly chopped, plus extra to serve (optional)
1 tsp ground cumin
½ tsp mild chilli powder
3 tbsp extra virgin olive oil
small handful of coriander, roughly chopped, to serve

For the topping
75g mature cheddar, grated
25g feta, crumbled
50g frozen sweetcorn

For the tortilla chips
4 wholemeal tortillas, each cut into 12-16 wedges
2 tbsp olive oil

1 Heat the oven to 200C/180C fan/gas 6. Heat 1 tbsp olive oil in a frying pan over a medium heat. Stir in the onion and garlic and cook for 8-10 mins until softened and just caramelised around the edges. Tip into a food processor with half the beans, the juice of a lime, the jalapeños, the spices, extra virgin olive oil and ½ tsp salt. Blitz until smooth and season to taste.
2 Tip into a baking dish and mix in the remaining beans. Scatter over the topping ingredients (you can scatter over more jalapeños, if you like). *Will keep chilled for up to 24 hours.* Drizzle over the remaining oil and bake for 15-20 mins until the cheese is melted and bubbling.
3 Meanwhile, make the tortilla chips. Tip the tortilla wedges into a bowl along with the oil and season. Toss using your hands until evenly coated, then tip out on a large baking sheet in an even layer. Bake for 10-12 mins until crispy. Garnish with the coriander to serve.

GOOD TO KNOW fibre • 1 of 5-a-day
PER SERVING (8) 264 kcals • fat 15g • saturates 4g • carbs 19g • sugars 2g • fibre 6g • protein 10g • salt 1.03g

Shoot director LAURIE NEWMAN | Food stylist AMY KINNEAR | Stylist FAYE WEARS

Make & take

Don't turn up empty-handed to a potluck dinner, spend a little time on one of our crowd-pleasing dishes

recipes AILSA BURT ***photographs*** MAJA SMEND

Mince pie frangipane tart

Combine a classic almond-infused bake with mincemeat and tart cranberry sauce for a simple, festive treat.

SERVES 10-12 **PREP** 35 mins plus at least 1 hr chilling and cooling **COOK** 1 hr 5 mins **EASY** V

150g plain flour, plus extra for dusting
75g butter, cubed
50g icing sugar
1 egg, separated
150g cranberry sauce
icing sugar, for dusting
double cream, to serve

For the frangipane

100g butter, softened
100g golden caster sugar
2 eggs, beaten
150g ground almonds
50g self-raising flour
100g mincemeat (vegetarian, if needed)
2 tbsp flaked almonds

1 Tip the flour and butter into a food processor and blitz to fine crumbs. (Or, tip into a bowl and rub together using your fingertips.) Pulse in the icing sugar. Stir the egg yolk and 1 tbsp water together, then add this and blitz again, or stir well until the mixture is starting to clump together, adding a splash more water if needed, 1 tsp at a time, to bring it together. Form into a ball using your hands, then flatten into a rough disc. Cover and chill for at least 30 mins. *Will keep chilled for up to two days.*

2 Roll the chilled pastry out on a lightly floured surface into a 30cm circle that's about ½cm thick. Use the pastry to line a 20cm fluted tin, pressing it into the base and up the side, leaving any excess overhanging the rim. Chill for at least 30 mins or up to 1 hr.

3 Heat the oven to 200C/180C fan/gas 6. Scrunch up a piece of baking parchment and use it to line the pastry case. Fill with baking beans and bake for 15-20 mins until the base is lightly golden and sandy to the touch. Remove the baking beans and parchment, prick the base all over using a fork, then beat the egg white and brush generously over the case. Bake for 5-10 mins more until golden brown. Leave to cool while you make the filling. Reduce the oven to 180C/160C fan/gas 4.

4 Meanwhile, for the frangipane, beat the butter and sugar together in a bowl using an electric whisk until fluffy, about 2 mins. Gradually add the eggs, one at a time, beating well after each addition. Stir in the ground almonds and flour.

5 Spread the cranberry sauce over the base of the pastry case, then spoon over dollops of the frangipane and gently spread out. Make little dips in the frangipane using the back of the spoon, and fill with heaped teaspoons of mincemeat, then carefuly swirl in using a skewer. Scatter over the flaked almonds and bake for 30-35 mins until golden and puffed up. Trim the excess pastry and cool slightly. Dust with icing sugar and serve warm in slices with the cream drizzled over.

PER SERVING (12) 377 kcals • fat 22g • saturates 9g • carbs 36g • sugars 23g • fibre 1g • protein 7g • salt 0.37g

Mustard & apple glazed ham

Sticky, sweet and spicy, this ham is a real crowd-pleaser. Herbs, apple and three types of mustard (plus mustard powder) create big flavour.

SERVES 10-12 **PREP** 25 mins plus 1 hr cooling **COOK** 2 hrs **EASY** 🍷 P

2½ tbsp wholegrain mustard, plus extra to serve (optional)
1½ tbsp Dijon mustard
100g light brown soft sugar
100ml apple juice from concentrate
200ml dry cider
75ml apple cider vinegar
3 tbsp English mustard
2-3 echalion shallots (optional)

For the gammon

2.5kg unsmoked, boneless gammon
2 tbsp English mustard powder
10 cloves
small bunch of sage
5 bay leaves, plus few to garnish (optional)

1 Put the gammon in the largest, deepest saucepan you have and pour over enough cold water to cover it by at least 5cm. Add the mustard powder, cloves, sage and bay, then cover and bring to the boil. Simmer for 1 hr 20 mins, skimming off any foam. Turn off the heat and leave to rest, covered, for 1 hr. Carefully remove the ham from the liquid (you can strain and freeze the cooking liquid to use in soups, stews or for cooking dried beans).

2 While the ham is cooking, make the glaze. Tip the wholegrain and Dijon mustards, sugar, apple juice, cider and vinegar into a saucepan and bring to a simmer. Cook over a medium heat until the sugar has dissolved, then turn up the heat and bubble for 15-20 mins until the mixture is reduced and syrupy.

3 Heat the oven to 200C/180C fan/gas 6. Remove any rind from the ham, then score the fat in a criss-cross pattern using a sharp knife. Put in a roasting tin, fat-side up, then brush over the English mustard. Halve the shallots and add to the tin around the ham along with a few more bay leaves, if using. Pour half the glaze over the ham and roast for 30-40 mins, basting every 10 mins using the remaining glaze, until sticky and cooked through. Remove and rest the ham for 5 mins before lifting onto a serving board. Surround with the sticky shallots and bay for a festive garnish, if you like, and more mustard on the side.

PER SERVING (12) 301 kcals • fat 10g • saturates 3g • carbs 11g • sugars 10g • fibre 1g • protein 39g • salt 4.73g

easy

tip

Unsure about the difference between gammon and ham? Simply put, gammon is the raw product, while ham is the term for when it's cooked.

Lamb, harissa & cauliflower shepherd's pie

Put a simple twist on a comforting shepherd's pie by infusing fragrant spices and harissa into the ragu.

SERVES 6-8 **PREP** 40 mins
COOK 2 hrs 20 mins **EASY** ❄

3 tbsp olive oil
1kg lamb mince
1 cauliflower (about 800g)
2 large onions, finely chopped
3 celery sticks, finely chopped
3 carrots, finely chopped
4 bay leaves
4 garlic cloves, finely chopped
2 tsp ground cumin
1 tsp ground coriander
1 tsp caraway seeds
4 tbsp tomato purée
500ml chicken stock
4 tbsp harissa
200g frozen peas

For the mash

1kg potatoes, cut into small chunks
100g butter
75ml milk
1 egg yolk (optional; freeze the white to use in another recipe)
small handful of parsley, finely chopped

1 Heat the oil in a large, deep, flameproof casserole dish over a medium-high heat. Roughly roll the lamb mince into meatballs and fry until browned and caramelised all over. Remove to a bowl using a slotted spoon.

2 Meanwhile, separate the leaves from the cauliflower and cut the florets away from the stalk. Set aside, then finely chop the leaves and stalk. Tip the leaves and stalk into the casserole along with the onions, celery, carrots and bay leaves, and reduce the heat to medium. Stir in a large pinch of salt, partially cover and cook for 15-20 mins until starting to soften. Mix in the garlic and spices, then uncover and cook for a few more minutes until fragrant.

3 Mix in the tomato purée, stirring to coat, and cook for 5 mins more, stirring often until darkened and caramelised. Return the meatballs to the dish, breaking them up as you stir, pour in the stock and mix in the harissa. Bring to a simmer and bubble gently for 1 hr until tender.

4 Meanwhile, for the mash, tip the cauliflower florets and potatoes into a saucepan. Cover with cold water and add a generous pinch of salt. Bring to the boil and cook for 12-15 mins until everything is tender. Drain well and leave to steam-dry for 5 mins. Put the butter and milk in the pan and set over a low heat until the butter has melted. Return the potatoes and cauliflower to the pan and mash well. Mix in the egg yolk, if using, and chopped parsley, and season to taste.

5 Mix the peas into the lamb ragu, stirring well, then season to taste. Tip the mixture into a deep baking dish, then spoon the mash into a piping bag fitted with a wide round or fluted nozzle and pipe it over the filling, working from the outside in. Or, spoon some of the mash around the edge to enclose the filling, then spoon the rest into the middle. Scrape a fork over the mash to create ridges, if you like, and season. *Will keep chilled for up to two days or frozen for three months. Defrost in the fridge overnight before cooking.*

6 Heat the oven to 200C/180C fan/gas 6 and bake for 30-35 mins (or 45-50 mins from chilled) until golden brown all over, bubbling and piping hot.

GOOD TO KNOW fibre • vit c • iron • 3 of 5-a-day
PER SERVING (8) 578 kcals • fat 34g • saturates 15g • carbs 32g • sugars 12g • fibre 8g • protein 33g • salt 1.01g

Shoot director FREDDIE STEWART | Food stylist JESSICA MCINTOSH | Stylist WEI TANG

easy

Leek & comté quiche

Quiche might be a retro favourite, but it's a must at get-togethers. This one is packed with rich comté and aromatic thyme. Serve with a salad in lemony dressing for the perfect complement.

SERVES 8-10 **PREP** 30 mins plus chilling and cooling **COOK** 1 hr
EASY **V**

50g butter
1 tbsp olive oil
500g leeks, halved and finely sliced
4 shallots, finely sliced
small handful of thyme sprigs, leaves picked, plus extra to serve
180g comté or vegetarian alternative, finely grated
4 eggs, beaten
200ml double cream
salad, to serve (optional)

For the pastry

200g plain flour
100g butter
20g parmesan or vegetarian alternative, finely grated
small handful of thyme sprigs, leaves picked

1 For the pastry, tip the flour, butter parmesan and thyme leaves into a food processor, and blitz to fine crumbs. (Or, tip into a bowl and rub together using your fingertips.) Pour 2 tbsp water into the food processor and blitz (or stir in) until the mixture is starting to clump together. Add a splash more water if needed, 1 tsp at a time, to bring it together. Form into a ball using your hands, then flatten into a rough disc. Cover and chill for at least 30 mins. *Will keep chilled for up to two days.*
2 Roll the pastry out on a lightly floured surface into a 25-30cm circle that's about $^1/_2$cm thick. Use to line a 20cm fluted tin, pressing it into the base and up the side, leaving any excess pastry overhanging the rim. Chill for at least 30 mins or up to 1 hr.
3 Meanwhile, for the filling, heat the butter and oil in a frying pan over a medium heat and cook the leeks, shallots and thyme with a pinch of salt for 30 mins until completely soft and slightly caramelised. Spread out on a plate to cool. Tip the grated cheese into a jug, and whisk in the eggs and cream. Season well, then mix in the cooled leeks.
4 Heat the oven to 200C/180C fan/gas 6. Scrunch up a piece of baking parchment and use it to line the chilled pastry base. Fill with baking beans and bake for 15-20 mins until the base is golden and lightly sandy to the touch. Remove the baking beans and parchment and prick the base all over using a fork. Bake for 5-10 mins more until golden brown.
5 Put the pastry case on a baking tray and reduce the oven to 190C/170C fan/gas 5. Carefully pour in the filling and bake for 25-30 mins until golden with a slightly wobble in the middle. Leave to cool for 20 mins. Scatter over some thyme leaves and slice to serve.

PER SERVING (10) 424 kcals • fat 33g • saturates 20g • carbs 18g • sugars 2g • fibre 3g • protein 12g • salt 0.57g

tip

If you don't want to make your own pastry, you can use a sheet of shop-bought shortcrust pastry.

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Get *cosy!*

Gather round with loved ones to share meals that are simple to make but have a little extra flair to keep the holiday spirit alive

Spicy Bloody Mary eggs with crunchy croutons

Spicy Bloody Mary eggs with crunchy croutons

Here's a dish that delivers punchy flavours and a little 'hair of the dog'. The croutons soak up some of the spicy sauce while giving a welcome crunch to the dish, but you may also want extra toast on the side.

SERVES 4 **PREP** 20 mins
COOK 35 mins **EASY** **V** 🍷

2 red onions, 1 sliced into rings, 1 finely chopped
juice of ½ lemon or lime
1 tbsp sugar plus a pinch
splash of vodka (optional)
3 tbsp olive oil
1 stick celery, finely chopped, plus leaves to garnish
2 large garlic cloves, chopped
2 red peppers, sliced
2 x 400g cans chopped tomatoes
1 tbsp red wine vinegar
3 red chillies
2 chunky slices of stale bread, such as sourdough or ciabatta, torn into chunks
5-10 shakes of Tabasco, to taste
8 eggs
150g Greek-style yogurt
drizzle of extra virgin olive oil, to serve

1 Separate the rings of the sliced onions and put in a bowl with the citrus juice, a good pinch each of salt and sugar, and the vodka, if using. Leave to pickle for at least 30 mins until softened and pink. *Will keep chilled for two weeks.*
2 Meanwhile heat 2 tbsp of the oil in a large, deep frying pan over a medium heat. Cook the chopped onion and celery for 5-8 mins until softened and translucent.
3 Stir in the garlic and peppers, and sizzle for a few minutes. Add the tomatoes, vinegar, 1 tbsp sugar and some seasoning. Pierce each chilli a few times with the tip of a knife, add to the sauce, put the lid on and reduce the heat. Leave to simmer gently for 20 mins.
4 Meanwhile, toss the chunks of bread in a bowl with the remaining oil and some freshly cracked black pepper. Tip onto a baking tray and bake in the oven or an air fryer for 10 mins at 180C/160C fan/gas 4, tossing halfway through cooking, until golden and crunchy.
5 Taste the sauce and adjust the seasoning, adding a few splashes of Tabasco to make it as spicy as you like – it should be thick and rich at this stage. Lift out the whole chillies using a slotted spoon, if you prefer.
6 Use a large spoon to create gaps in the sauce to drop the eggs into. Working one by one, crack an egg into a bowl then drop into a pocket in the sauce. Cover with a lid and leave to simmer gently for 3-5 mins until the egg whites are set and the yolks still runny.
7 To serve, spoon dollops of yogurt over the exposed areas of sauce and scatter with the croutons, pickled onions and celery leaves. Give the eggs a twist of pepper and a drizzle of extra virgin olive oil and serve.

GOOD TO KNOW folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 477 kcals • fat 23g • saturates 7g • carbs 41g • sugars 23g • fibre 7g • protein 23g • salt 1.08g

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Smoky slow cooker pork with Boston baked beans

SERVES 8 **PREP** 30 mins
COOK 6-12 hrs **EASY** ▣

1kg-1.5kg boneless pork shoulder joint
2 tbsp olive oil
2 onions, finely chopped
1 stick celery, finely chopped
2 garlic cloves, chopped
2 bay leaves
700g passata
700ml vegetable stock
2 whole chipotles or 2-3 tsp chipotle paste
2 tbsp smoked paprika
1 tbsp light brown soft sugar, plus extra to serve (optional)
2 tbsp black treacle
2 tbsp balsamic vinegar
3 tbsp Worcestershire sauce, plus extra to serve (optional)
750g jarred haricot beans, drained
crusty bread, soured cream and Tabasco (optional), to serve

1 Remove any string from the pork joint and cut away the skin in one piece using a sharp knife. Put the skin on a baking tray, pat dry and season with fine sea salt. Set this aside in the fridge while you prepare the sauce in the slow cooker.
2 Heat the oil in a slow cooker, or in a large casserole over a medium heat if your slow cooker doesn't have a sauté function. Fry the onions and celery with a pinch of salt for 8 mins until lightly golden. Stir in the garlic, fry for 1 min, then add the remaining ingredients, except the beans. Bring to a simmer and season well.
3 Nestle the pork joint into the sauce in the slow cooker. Cook for 6-8 hrs on high, or 10-12 hrs on low, until the pork is very tender when pressed with a knife and shreds easily. Skim the excess fat from the sauce if you find it sits on top.
4 Shred the pork into the sauce. Stir in the beans. Use the reduce function, or cook with the lid off, for 30 mins or until the sauce is thickened to your liking. Taste and season with salt, pepper, and more Worcestershire sauce and brown sugar, if you like.
5 Heat the oven to 240C/220C fan/gas 9. Pat the pork skin dry again, score into thin strips with a sharp, knife, without going all the way through, and put in the hot oven. Cook for 25-30 mins until puffed up and crisp. Break into shards and top the beans with the crackling. Serve with crusty bread, soured cream and a dash of Tabasco, if you like.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 473 kcals • fat 22g • saturates 7g • carbs 24g • sugars 14g • fibre 9g • protein 41g • salt 0.71g

easy

Turkey & lemongrass curry noodle soup

If you're craving hot, spicy and crunchy things after the holidays, when the festive food has been so rich, this hits the spot every time. It also uses up leftover turkey.

SERVES 2 **PREP** 15 mins
COOK 30 mins **EASY**

- 2 tbsp vegetable oil
- 1 shallot, finely sliced
- 1 stick lemongrass, bruised and tied in a knot
- 3 garlic cloves, finely chopped
- 1 red chilli, half finely chopped, half finely sliced
- 10g coriander, leaves picked and stalks finely chopped
- 3 fresh lime leaves (optional)
- 2½ tbsp red Thai curry paste or laksa paste
- 400ml coconut milk
- 300ml good-quality chicken stock
- 100g vermicelli rice noodles
- ½ tbsp fish sauce
- 1 lime, juiced, plus more wedges to serve
- 200g leftover roast turkey or chicken, torn into chunks
- 100g beansprouts
- 100g tofu puffs (optional)
- 10g Thai basil, torn

1 Tip the oil into a large, deep frying pan or wok on a medium heat. Once the oil is shimmering, scatter in the shallot, lemongrass, garlic, chilli, coriander stalks, lime leaves and a pinch of salt. Cook for 4-5 mins, stirring often, until the shallot is golden and everything is aromatic.
2 Add the curry paste, stirring well to coat all of the ingredients. Cook for 2-3 mins until the paste begins to split and release some of its oils, then pour in the coconut milk and stock. Bring to a boil, then reduce the heat to simmer for 5-6 mins.
3 Meanwhile, put the noodles in a large bowl and cover with boiling water. Leave to soften for 5 mins, then divide between two bowls. Pour the fish sauce and lime juice into the coconut broth, then stir through the turkey, beansprouts and tofu puffs (if using). Remove the lemongrass and lime leaves using a slotted spoon.
4 When the turkey and tofu puffs are heated through, divide them and the soup between two bowls, covering the noodles. Garnish with the coriander leaves, sliced red chilli and Thai basil. Serve with lime wedges on the side for squeezing over.

GOOD TO KNOW vit c • iron • 1 of 5-a-day
PER SERVING 919 kcals • fat 57g • saturates 33g • carbs 53g • sugars 8g • fibre 6g • protein 45g • salt 2.82g

Black bean turkey tinga with avocado crema

This pulled turkey chilli makes an easy help-yourself dinner, or it can also be saved for a freezer dinner to enjoy later in the year. With just one teaspoon of chipotle paste, this is quite a mild dish, but you can up it if you prefer more of a chilli kick – and the level of heat varies across brands, so do taste and adjust where needed.

SERVES 4 **PREP** 20 mins
COOK 30 mins **EASY**

- 2 tbsp sunflower oil
- 1 large onion, finely chopped
- 3 garlic cloves, minced
- 1 tsp light brown soft sugar
- 1 tbsp oregano
- 1 tsp cumin seeds
- 1 tsp chipotle paste
- 2 tsp red wine vinegar
- 400g can chopped tomatoes
- ½ chicken stock pot or cube
- 400g can black beans, drained but not rinsed
- 400g leftover cooked turkey, shredded
- tortilla chips or flour tortillas, cooked rice, coriander, feta chopped red onion and lime wedges, to serve

For the avocado crèma (optional)

- 2 avocados – frozen are ideal, defrosted
- 1 lime, zested and juiced
- 1 tsp cumin seeds
- ½ garlic clove

1 Heat the oil in a shallow pan or casserole dish. Tip in the onion, season with a little salt and cook on a medium-low heat for 8-10 mins until softened and starting to colour. Stir in the garlic, brown sugar, oregano and cumin seeds, and cook for a couple of minutes, then add the chipotle paste and cook for a few minutes more, still stirring. Splash in the vinegar and leave to simmer for a minute, then add the tomatoes and 100ml water, swilling it around the can first, then pour in the stock and bring to a simmer.

2 Simmer for 10 mins until the sauce has reduced and thickened a little, then tip in the black beans and cook for 5 mins. When the beans are hot, stir through the turkey and lower the heat.

3 While the tinga is cooking, if you want to make the avocado crèma, tip all the ingredients into a food processor with some seasoning and blitz until smooth, then scrape into a bowl. Serve the tinga with the crema and your choice of tortilla chips, flour tortillas, or rice. Sprinkle over some coriander, crumbled feta and chopped red onion, if you like, and serve with lime wedges on the side for squeezing over.

GOOD TO KNOW fibre • vit c • 3 of 5-a-day
PER SERVING 470 kcals • fat 24g • saturates 5g • carbs 20g • sugars 9g • fibre 10g • protein 39g • salt 0.64g

Maple pecan plait

Add another layer of flavour to this strudel-inspired bake by browning the melted butter before you add it to the pecan filling.

SERVES 4 PREP 4 mins
COOK 25 mins EASY V

- 150g pecan nuts, roughly chopped
- 50g butter, melted
- 50g light brown soft sugar
- ½ tsp ground cinnamon
- 1 tsp vanilla extract
- 2 tbsp maple syrup
- 1 egg, beaten
- 320g sheet of ready-rolled puff pastry

For the icing

- 25g icing sugar
- 1 tsp maple syrup

1 Heat the oven to 220C/200C fan/gas 7. Set aside 2 tbsp chopped pecans and tip the rest into a bowl. Mix in the melted butter, brown sugar, cinnamon, vanilla, maple syrup, most of the beaten egg and a pinch of flaky sea salt until everything is well combined.

2 Line a baking tray with baking parchment. Unravel the pastry onto the parchment and spoon the pecan mixture in a thick strip down the centre of the pastry. Use a sharp knife to make 7-8 diagonal cuts down each side of the filling creating strips that you can fold over it. Alternate from left and right, crossing the strips to create a plaited effect. Brush the pastry with the remaining beaten egg then scatter with the reserved pecans. Bake for 25 mins or until the pastry is puffed up and deep golden. Once baked, allow the plait to cool slightly on the baking tray.

3 Meanwhile make the icing by mixing the icing sugar and maple syrup, and enough water to achieve a drizzling consistency. Drizzle the icing over the cooled pastry before serving. Cut into slices to serve.

PER SERVING 797 kcals · fat 58g · saturates 19g · carbs 54g · sugars 28g · fibre 5g · protein 10g · salt 0.95g

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recipes AILSA BURT ***photographs*** MYLES NEW

Mushroom croque monsieur scrolls

easy

Pear, chocolate & oat pudding

Mushroom croque monsieur scrolls

These work just as well for an indulgent breakfast as they do for a mid-afternoon snack. If you're not keen on mushrooms, leave them out for the classic cheese and ham combination.

SERVES 8 **PREP** 25 mins
COOK 1 hr 10 mins **EASY** ❄

25g butter
25g plain flour
250ml whole milk
1 tbsp wholegrain mustard
1 bay leaf
grating of fresh nutmeg
2 tbsp olive oil
300g closed cup mushrooms, finely sliced
few thyme sprigs, leaves picked
320g puff pastry sheet
60g gruyère, finely grated
100g smoked ham slices, roughly torn
1 egg, beaten

1 Start by making a béchamel sauce. Heat the butter in a saucepan over a medium heat until melted and foaming, stir in the flour and cook for 2-3 mins, stirring well, until the flour has darkened slightly. Pour in the milk, a splash at a time, whisking well after each addition. Bring to a simmer and stir in the mustard, bay leaf and nutmeg. Let it gently bubble away, stirring occasionally, for 5-7 mins until thickened and reduced. Season to taste, then set aside and leave to cool to room temperature.

2 Heat the olive oil in a frying pan over a medium-high heat. Stir in the mushrooms and thyme, and fry for 5-7 mins until golden all over. Tip out onto a plate and spread out to cool to room temperature.

3 If you're prepping ahead, line a freezer-proof container with baking parchment. Unroll the pastry sheet and spread over the cooled béchamel sauce, leaving a 3cm border on the longest side furthest away from you. Scatter over the cooled mushrooms, gruyère, and arrange the ham slices on top, leaving the border free. Brush the border with a little water. Starting from the long end closest to you, roll up tightly, using the parchment to help, pressing with your fingers to seal. Cut into eight even pieces and stuff any bits that fall out back in. *Will keep frozen for up to three months. Arrange the unbaked scrolls in a single layer in the prepared container.*

4 Heat the oven to 200C/180C fan/gas 6. Lift the scrolls using the baking parchment, and transfer to a large baking tray. Space well apart, as they will puff up in the oven. Generously brush the sides and tops of the scrolls with the beaten egg. Bake for about 30 mins or 45-50 mins from frozen until golden, bubbling and puffed up. Leave to cool on the baking tray for 15 mins to firm up before serving warm. *Will keep chilled in an airtight container for up to two days.*

PER SERVING 304 kcals • fat 21g • saturates 10g • carbs 17g • sugars 2g • fibre 2g • protein 10g • salt 0.9g

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Pear, chocolate & oat pudding

Budget-friendly and so comforting, this gooey, rich pud is just as good for a Friday night treat as it is for a casual dinner party dessert.

SERVES 6-8 **PREP** 20 mins plus cooling **COOK** 45 mins **EASY** **V** ❄

180g salted butter, plus extra for the baking dish
200g dark chocolate, roughly chopped
180g caster sugar
3 eggs
100g plain flour
50g porridge oats
3 ripe pears, halved
double cream, to serve (optional)

1 Butter a baking dish well (ours was 20cm). Tip the chocolate and butter into a large heatproof bowl set over a pan of barely simmering water, making sure the base does not touch the water. Stir regularly until melted, then remove from the heat and whisk in the sugar. Set aside to cool for 10 mins.

2 Crack in the eggs, one by one, whisking well after each addition, before finally stirring in the flour and most of the oats. Pour into the prepared dish and nestle the pears on top, cut-side up. Scatter over the remaining oats and cover. *Will keep in the fridge, unbaked, for up to four days, or frozen for up to two months.*

3 Heat the oven to 190C/170C fan/gas 5. Bake for 25-30 mins from chilled or 35-40 mins from frozen until set on the top and sides, but gooey in the centre. Remove from the oven and leave to cool for 5 mins before serving with double cream poured over the top, if you like.

PER SERVING (8) 523 kcals • fat 31g • saturates 18g • carbs 53g • sugars 38g • fibre 4g • protein 6g • salt 0.5g

Shoot director LAURIE NEWMAN | Food stylist AMY KINNEAR | Stylist FAYE WEARS

Beef, green olive & sumac koftas

Beef, green olive & sumac koftas

These spiced koftas are ideal for a sharing dinner – just pile onto a platter and let everyone dig in.

SERVES 6 **PREP** 30 mins
COOK 15 mins **EASY** ❄

800g 12% fat beef mince
2 garlic cloves, grated
100g green olives, pitted and roughly chopped
50g pistachios, roughly chopped
2 tsp sumac
1 tbsp ground cumin
2 tsp ground coriander
½ tsp ground cinnamon
1 tsp mild chilli powder
2 tbsp olive oil, plus extra for frying

For the salad
1 red onion, finely sliced
1 lemon, juiced
1 whole cucumber, deseeded and finely sliced
2 large handfuls of parsley leaves (see tip right), picked
50g pomegranate seeds
pinch of sumac

To serve
1 tbsp honey, for glazing
hummus, pickled chillies and flatbreads

1 If you're prepping ahead, line a freezer-proof container with baking parchment. Mix together all the ingredients for the kofta in a large bowl along with 1 tsp salt and a big pinch of black pepper. Form roughly into koftas using your hands, around 40g each. You should have 24 koftas. *Will keep chilled for up to four days, or frozen for up to three months. Line the prepared container with the koftas, putting another sheet of baking parchment between them if you need to make a second layer.*
2 To make the salad, scrunch together the red onion and lemon juice along with a pinch of salt. Set aside for 10 mins to lightly pickle, then mix in the cucumber, parsley and pomegranate seeds. Season to taste. Tip into a serving bowl and sprinkle over the sumac.
3 To cook from frozen, brush olive oil over a large frying pan, or a griddle pan if you have one, and put on a medium-high heat. Add the kofta and fry in batches, turning regularly, for 5-7 mins until browned all over. Pour in 200ml water and cover with a lid. Turn the heat up to high and cook for 5-7 mins until cooked through and the water has evaporated. Remove from the heat and stir through the honey, tossing to coat. If you're cooking from chilled, cook for 8-10 mins until cooked through.
4 Spread the hummus out on a serving platter, and pile over the koftas. Serve with the salad, pickled chillies and flatbreads.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 435 kcals • fat 26g • saturates 9g • carbs 10g • sugars 8g • fibre 5g • protein 37g • salt 1.7g

GF tip

- You can also cook the koftas in the air-fryer. Cook at 180C for 10-15 mins or until cooked through.
- Freeze the parsley stems and use in stocks, soups or sauces.

Kimchi chicken schnitzels

SERVES 4 **PREP** 35 mins plus at least 2 hrs brining **COOK** 10 mins **EASY** ❄

4 chicken breasts
150g kimchi, finely chopped plus 3 tbsp brine
2 eggs
50g plain flour
150g dried fine white breadcrumbs
½ white cabbage, very finely sliced
1.5 litres vegetable oil
150g mayonnaise
1 tbsp rice vinegar
lemon wedges, to serve

1 Butterfly the chicken breasts by cutting through the thickest part of the breast, stopping 1cm before the edge, then open out like a book. Cover with a sheet of baking parchment and, using a rolling pin, bash out each chicken breast as thin as possible. Transfer to a container and pour over the kimchi brine, turning to coat. Chill for 2-24 hrs.
2 Remove the chicken breasts from the brine and lay on a clean chopping board. Lightly salt both sides of the chicken and set aside. Pour the brine into a shallow bowl and whisk in the eggs. Tip the flour and breadcrumbs into two separate shallow bowls. Dip each chicken breast into the flour first, pressing to coat, then into the egg mixture and finally the breadcrumbs, then press well again. Transfer to a wire rack lined with baking parchment.
3 If you want to freeze the schnitzels, carefully put the wire rack flat in the freezer and leave until frozen solid, around 5 hrs, then transfer to a container, with baking parchment between each schnitzel. *Will keep frozen for up to three months.*
4 On the day of serving, put the cabbage in a bowl of iced water and leave for 10 mins. Just before serving, drain and dry in a salad spinner to crisp it up, or put in a clean tea towel and swing it round to spin it in the same way.
5 Pour the oil into a wide, deep saucepan (make sure it's no more than a third full), set over a medium heat and heat gently until a few breadcrumbs sprinkled in sizzle and turn brown in around 30 seconds. Carefully lay the schnitzels in the hot oil, one or two at a time depending on how wide the pan is, and fry for 2-3 mins each side, or 5 mins each side from frozen. Transfer to a baking tray and keep warm in a low oven.
6 Meanwhile, combine the kimchi, mayonnaise and vinegar, and season to taste. Serve the schnitzels with the kimchi mayonnaise and crisp cabbage on the side, with lemon wedges for squeezing over.

GOOD TO KNOW folate • vit c • 1 of 5-a-day
PER SERVING 751 kcals • fat 43g • saturates 4g • carbs 44g • sugars 7g • fibre 2g • protein 46g • salt 1.59g

Pretty pickle

These moreish savoury bakes are ideal for teatime

recipe HELENA BUSIAKIEWICZ *photograph* TOM REGESTER

Cheese & pickle scones

Cornichons, large pickles or cocktail gherkins will all work well here. Swap red leicester for cheddar if you prefer.

MAKES 8 **PREP** 30 mins plus chilling
COOK 25 mins **EASY** **V**

- 350g self-raising flour
- ½ tsp baking powder
- 60g salted butter, cold, cut into cubes
- 200ml buttermilk, plus a little extra for brushing
- 1 egg, beaten
- 100g pickles, finely chopped with 1 tbsp of the brine
- 125g red leicester cheese (or vegetarian alternative), cut into small cubes

1 Sift the flour and baking powder into a large mixing bowl and add 1 tsp salt. Rub in the butter for 30 seconds, keeping it in flat pieces.

2 Mix the buttermilk, egg and pickle brine in a jug. Stir the pickles and cheese into the flour mix. With one hand fiona.fpour in the buttermilk, and with the other vigorously bring the dough together using a cutlery knife until the dough looks shaggy.

3 Turn out the dough onto a work surface and bring together with your hands, being careful to not knead it too much. Form it into a 20cm-wide rectangle that is an inch thick. Using a 6.5cm round cutter, cut out six scones, reforming the scraps to make two more, then put in the fridge to chill for 20 mins.

4 Heat the oven to 200C/180C fan/gas 6. Line a large baking tray and put it in the oven to heat up.

5 Carefully put the scones on the hot baking tray and brush with some extra buttermilk to give them a golden glaze. Bake for 20-25 mins or until golden and risen. Serve warm with plenty of salted butter.

GOOD TO KNOW calcium
PER SERVING 299 kcals • fat 13g • saturates 8g • carbs 35g • sugars 2g • fibre 2g • protein 10g • salt 1.84g

Shoot director FREDDIE STEWART | Food stylist TROY WILLIS | Stylist LUIS PERAL

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Make veg the star

You won't miss the meat in our vibrant and satisfying dinners for winter

photographs CHELSEA BLOXSOME

Sweet & spicy carrot tacos

Roasted cauliflower cheese filo pie

Turn a much loved vegetarian classic into a hearty pie using shop-bought pastry – and be sure to use the stalks and leaves of the cauliflower. ***Barney Desmazery***

SERVES 6 **PREP** 30 mins
COOK 1 hr 20 mins **EASY V**

For the pie
1 head of cauliflower, leaves and stalk cut into small pieces, then cut into florets
2 tbsp olive oil
40g parmesan or vegetarian Italian-style cheese
100g melted butter or olive oil, for brushing the pastry and the tin
4 sheets of filo pastry
For the sauce
50g butter
40g plain flour
500ml whole milk
1 tsp mustard powder or English mustard
150g extra mature cheddar, grated
grating of nutmeg
pinch of cayenne pepper

1 Heat the oven to 210C/190C fan/gas 7. Tip the cauliflower florets and chopped leaves and stalks on a roasting tray and toss with the olive oil and a pinch of salt. Grate over about a quarter of the parmesan. Roast for 30 mins until lightly charred and tender. Set aside.
2 While the cauliflower is roasting, prepare the cheese sauce. Melt the butter in a saucepan over medium heat until frothy. Stir in the flour and cook for 2-3 mins to form a sandy paste. Gradually whisk in the milk, stirring constantly to avoid lumps. Once all the milk is incorporated, cook for 10 mins, stirring occasionally, until the sauce thickens. Add the mustard powder and all but a handful of the grated cheddar. Stir until smooth. Season with the nutmeg and cayenne, and some salt to taste.
3 Butter or oil a round spring form cake tin. Lay a sheet of filo pastry inside the dish, letting the edges overhang. Brush the filo with more butter or oil and scatter with a bit of parmesan and repeat with the rest of the sheets working your way around and overlapping them to cover the base and sides.
4 Tip the roasted cauliflower into the centre of the filo-lined dish. Pour the cheese sauce over the cauliflower, ensuring it's evenly coated. Ruffle up the overhanging filo sheets around the filling and scrunch it slightly to create a decorative finish. Brush with more melted butter or oil. Scatter the exposed sauce with the remaining cheddar and sprinkle with the rest of the parmesan. Bake for 20 mins then remove the tin but leave the base underneath it, and bake for a further 20 mins until the pastry is golden and crisp. Leave to cool slightly before serving.

GOOD TO KNOW calcium • vit c • 1 of 5-a-day
PER SERVING 461 kcals • fat 34g • saturates 19g • carbs 21g • sugars 7g • fibre 2g • protein 16g • salt 1.14g

Wrinkling sheets of filo around the top of the pie gives it a pretty finish

Spicy peanut butter & corn ramen

This warming noodle soup packs a punch; it's spicy, sweet, nutty and savoury all in one slurp! The fish sauce adds a subtle layer of umami richness, but if you're serving this to vegetarians you could swap it out for a spoonful of miso paste. ***Cassie Best***

SERVES 2 **PREP** 5 mins
COOK 20 mins **EASY** **V**

2 tsp vegetable or sunflower oil
2 tsp grated ginger
3 garlic cloves, crushed
1 tbsp gochujang
2 tbsp smooth peanut butter
400g can coconut milk
2 tsp soy sauce
1 tsp soft brown sugar
few shakes of fish sauce (optional), or 1 tbsp miso paste if vegetarian
1 lime, 2 'cheeks' cut away, and the remainder juiced
1 tsp chilli oil, plus a drizzle to serve (optional)
150g frozen sweetcorn
1 pak choi or choi sum, sliced
2 eggs
200g ramen noodles
small bunch of coriander, to serve

1 Heat the oil in a large saucepan. Add the ginger and garlic and sizzle gently for a minute, without letting the garlic colour. Stir in the gochujang and peanut butter, add a large spoonful of the coconut cream from the top of the can of milk. Once smooth and well combined, stir in the remaining coconut milk, the soy sauce, sugar, fish sauce or miso if using, and the lime juice. Leave to simmer gently.

2 Meanwhile, heat 1 tsp chilli oil in a frying pan and add the sweetcorn along with a pinch of salt. Fry over a medium heat until the sweetcorn starts to caramelise, about 8-10 mins. Push the corn to one side of the pan and add the pak choi, fry for a few minutes to soften the leaves.

3 Heat a small pan of water until boiling. Gently boil the eggs for 7 mins, then remove from the water with a slotted spoon and plunge into cold water. Set aside until you're ready to serve.

4 Add the noodles to the pan of hot water and cook until just al dente. Drain and divide the noodles between soup or ramen bowls. Ladle the soup on top, spoon over the sweetcorn and place the pak choi on one side of each bowl. Peel and halve the eggs and place on top of the noodles. Add some fresh coriander and a cheek of lime each. Drizzle with a little more chilli oil if you like.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 993 kcals • fat 53g • saturates 33g • carbs 96g • sugars 14g • fibre 9g • protein 29g • salt 2.47g

Miso paste also works in place of fish sauce

One-tray spiced mushroom pilaf

For hands-off cooking, this pilaf is ideal. For very little effort you're gifted with lots of umami flavour.

Helena Busiakiewicz

SERVES 4 **PREP** 20 mins
COOK 1 hr **EASY** **V**

- 30g porcini mushrooms
- 30g dried shiitake mushrooms
- 1 tbsp soy sauce
- 1 tsp mushroom powder or vegetarian stock powder
- 1kg mixed mushrooms, roughly torn into bitesized pieces (we used chestnut, king oyster & shiitake)
- 1 onion, roughly chopped
- 5 garlic cloves, peeled, left whole
- 2 tsp cumin seeds
- 2 tsp ground coriander
- 1 tsp chilli flakes
- 5 tbsp olive oil
- 350g basmati rice, well washed

To serve

- chopped coriander, sliced spring onions and crispy chilli oil (optional)

1 Put the porcini, shiitake, soy sauce and mushroom powder in a large jug. Fill with 650ml boiling water and leave to infuse for 20 mins. Heat the oven to 240C/220C fan/gas 9.

2 Meanwhile, put the mixed mushrooms, onion and garlic in a large roasting tray, ours was 22cm wide and 30cm long. Sprinkle with the spices, plenty of salt and pepper, then drizzle over the olive oil. Roast for 40 mins, tossing halfway, until golden and softened.

3 Stir the rice through the mixture in the tray, then pour over the mushroom stock along with the rehydrated mushrooms. Cover the tray with foil and cook for 25 mins, then leave to stand, still covered, for a further 15 mins.

4 Sprinkle with the chopped coriander, spring onions and crispy chilli oil, if you like, then serve.

GOOD TO KNOW vegan • healthy • folate • fibre • 2 of 5-a-day

PER SERVING 547 kcals • fat 18g • saturates 3g • carbs 76g • sugars 6g • fibre 8g • protein 17g • salt 0.84g

Roast everything in one tray

Sweet & spicy carrot tacos

Invite friends over for taco night and let everyone build their own. The urfa chilli lends a mild, smoky citrussy depth so it's well worth seeking out. ***Ailsa Burt***

SERVES 4-6 **PREP** 30 mins plus cooling **COOK** 40 mins **EASY** **V**

1kg carrots, unpeeled, scrubbed and sliced ½ cm thick
4 tbsp sunflower oil
3 tsp smoked paprika
3 tsp ground cumin
2 tsp dried oregano
2 tsp garlic granules
1½-2 tbsp urfa chilli, to taste
3½ tbsp date molasses
1 lime, zested and ½ juiced
small handful of coriander, finely chopped
200g feta, crumbled
200g soured cream

For the charred corn & spring onion salsa

400g frozen sweetcorn
4 large spring onions, trimmed
1 tbsp sunflower oil
1 lime, juiced
small handful of coriander, roughly chopped
8 pickled jalapeños, finely chopped
1 tsp honey

To serve

toasted corn tortillas, chopped coriander and lime wedges

1 Begin by making the salsa, heat the grill on high and move a rack to the top. Pour some boiling water over the sweetcorn and leave for 1 min. Drain thoroughly then spread out on a baking tray with the spring onions. Drizzle over the oil and season well with salt and pepper. Put under the hot grill, and toast for 10-12 mins, until charred. Keep an eye on this and stir regularly to ensure even charring all over. Remove and leave to cool for 10 mins. Pick out the spring onions and roughly chop, then tip into a bowl with the corn, lime juice, coriander, jalapeños and the honey. Season to taste and set aside.

2 Heat the oven to 200C/180C fan/gas 6. Tip the carrots, oil and spices into a roasting tin and toss together using your hands. Roast, stirring once or twice, for 20-25 mins until golden brown and almost cooked through. Mix in the date molasses and return to the oven for 5 mins.

3 Meanwhile, tip the lime zest, coriander, feta and soured cream into a food processor and pulse a few times until finely chopped then season to taste with salt, pepper and lime juice. Tip into a serving bowl and keep in the fridge until needed. *Will keep chilled for up to two days.*

4 Serve the corn tortillas with a little of the lime-soured cream spread over the bottom, top with the carrots and any juices from the tin and sprinkle some salsa over the top. Finish with chopped coriander and lime wedges on the side.

GOOD TO KNOW fibre • 2 of 5-a-day • gluten free
PER SERVING 455 kcals • fat 26g • saturates 10g • carbs 40g • sugars 27g • fibre 10g • protein 10g • salt 1.88g

Tomatoes aren't in season, so make a sweetcorn salsa instead

Lentil & mushroom shepherd's pie with parsnip mash

Use seasonal veg to make this winter warmer, or serve it cold for lunch. ***Samuel Goldsmith***

SERVES 4-6 **PREP** 30 mins
COOK 1 hr **EASY** **V** ❄ 🍷

500g chestnut mushrooms, sliced
1 tbsp olive or vegetable oil
1 onion, finely chopped
1 carrot, finely chopped
1 celery stick, finely chopped
380g carton or 390g can green lentils, drained
175ml red wine
400g can chopped tomatoes
1 tbsp tomato purée
dash of Worcestershire sauce (or vegetarian alternative)
2 tsp red wine vinegar
1 tbsp soy sauce
200ml vegetable or mushroom stock
a few thyme leaves, to serve

For the mash topping

500g parsnips, chopped
750g potatoes such as Maris Piper or King Edwards, roughly chopped
100g butter
50ml milk
50g cheddar, grated

1 Heat a large pan over a medium heat and dry-fry the mushrooms for 6-8 mins until they've released their liquid and it's evaporated. Drizzle in half the oil and fry for a further 5 mins or until they've browned lightly. Remove from the pan, leaving any oil behind.

2 Drizzle the remaining oil into the pan and tip in the onions, carrots and celery. Reduce to a medium low heat, cover and cook for 8-10 mins, stirring every now and then, until the veg has softened but hasn't browned.

3 Stir in the lentils and red wine and cook for 1-2 mins until the wine has cooked off a little. Stir in the tomatoes, tomato purée, Worcestershire sauce, vinegar, soy sauce and stock plus the cooked mushrooms. Cook for 15-20 mins until the sauce has thickened.

4 Meanwhile, bring a large pan of salted water to the boil and cook the parsnips and potatoes for 15 mins or until tender. Drain and mash until smooth then stir in the butter and milk until the butter has melted.

5 Heat the oven to 200C/180C fan/gas 6. Tip the lentil and mushroom mix into a large ovenproof dish then spoon over the parsnip mash and scatter over the cheese. *Will keep frozen. Either defrost fully then bake, or bake for an extra 20-30 mins from frozen.* Bake for 20-30 mins until golden and the sauce is bubbling. Sprinkle with thyme, if you like.

GOOD TO KNOW folate • fibre • vit c • 4 of 5-a-day
PER SERVING 434 kcals • fat 20g • saturates 11g • carbs 40g • sugars 12g • fibre 11g • protein 12g • salt 0.97g

You can freeze this before baking then bake from frozen

Shoot director RACHEL BAYLY | Food stylist JACK SARGESON | Stylist HANNAH WILKINSON

Celebrate Lunar new year

Welcome in the Year of the Snake on 29 January with modern Chinese dishes by **Ching-He Huang**

photographs MAJA SMEND

Ching-He Huang is an award winning TV chef and food writer who has published 11 cookbooks celebrating modern Chinese cooking.
@ChingHeHuang

Steamed seabass with wok-fried bacon lardons, chestnuts & dried Chinese mushrooms

At Lunar New Year, 'Nian Nian You Yu' is symbolic phrase that translates to 'Every year you will have abundance'. The Mandarin word for 'fish' (Yu) is a homonym for 'abundance' (Yu), so a whole fish is usually served to symbolise unity and completeness, while the red-coloured chillies bring luck. Use any fish of your choice, cod fillets work well, or use frozen fish – just follow the pack instructions to ensure it is cooked through.

SERVES 2 or 4 to share **PREP** 15 mins plus soaking **COOK** 15 mins **EASY**

For the fish
- 1 heaped tbsp cornflour
- 1 seabass, rinsed and patted dry
- pinch of ground white pepper
- 2 ½ cm piece ginger, sliced into matchsticks
- 1 tbsp Shaoxing rice wine or dry sherry

For the sauce
- 4 large dried Chinese mushrooms
- 2 tbsp rapeseed oil
- 2 garlic cloves, finely chopped
- 2 ½ cm piece ginger, finely peeled and grated
- 2 medium red chillies, deseeded and finely chopped
- 150g unsmoked bacon lardons
- 1 tsp dark soy sauce
- ¼ tsp Chinese five-spice powder
- 180g pouch cooked chestnuts
- 1 tbsp Shaoxing rice wine or dry sherry
- 1 tsp chilli bean sauce
- 2 tbsp light soy sauce
- 3 spring onions, sliced into 1-inch pieces

To serve
- 1 spring onion, sliced into strips and soaked in ice water for 5 mins to curl, then drained
- 1 red chilli, deseeded and thinly sliced
- sprigs of coriander

1 Combine the cornflour with 2 tbsp water and set aside. Put the whole seabass on a deep, heatproof plate (that fits inside a steamer). Season both sides with salt and ground white pepper. Stuff the belly with the ginger then pour over the rice wine, followed by the cornflour slurry. Set the plate on a steamer set over a wok filled halfway with simmering water. Place the lid on and steam over a medium heat for 6-7 mins. When the fish is cooked, turn the heat off and keep warm in the steamer.

2 Meanwhile, make the sauce. Pour boiling water over the mushrooms then leave to soak for 20 mins. Drain and finely slice. Heat another wok or large frying pan over a high heat until smoking, then add the oil. Add the garlic, ginger and chillies. Stir in the lardons and cook for 1-2 mins until slightly browned. Pour in the soy sauce and stir to coat, then add the five-spice powder. Mix in the soaked mushrooms, chestnuts, rice wine, chilli bean sauce and soy sauce. Toss well to combine. Stir in the spring onions until just wilted.

3 Carefully remove the fish from the steamer and transfer to a large serving plate. Add any remaining fish cooking juices to the sauce in the wok and stir well, then pour over the seabass. Garnish with the spring onions, chilli and coriander and serve immediately.

PER SERVING (4) 471 kcals • fat 23g • saturates 5g • carbs 28g • sugars 6g • fibre 3g • protein 36g • salt 2.09g

Red sweet & sour prawns

The colour red shines through in this dish – sure to spread the luck to your guests this Lunar New Year! Using fresh pineapple would make it a treat but tinned pineapple works too.

SERVES 4-6 **PREP** 10 mins plus marinating **COOK** 10 mins **EASY**

432g can pineapple chunks, drained and juice reserved
½ tsp Chinese five-spice powder
pinch of ground white pepper, plus a pinch extra to serve
2 tbsp Shaoxing rice wine
1 tbsp light soy sauce
350g raw tiger prawns, patted dry
1 tsp cornflour
1 tbsp rapeseed oil
1 garlic clove, crushed
2½cm piece ginger, finely grated
1 red onion, thinly sliced
1 red chilli, deseeded and finely chopped
1 red pepper, thinly sliced
1 tsp toasted sesame oil
1-2 spring onions, finely sliced, to serve

For the sweet & sour sauce

1 tbsp cornflour
100ml vegetable stock
1 tbsp light soy sauce
1 tbsp ketchup
2 tbsp clear rice vinegar
2 tbsp golden syrup

1 For the sauce, put the cornflour in a jug and gradually whisk in 50ml of the juice reserved from the pineapple can. Whisk in all the remaining ingredients for the sauce and set aside.

2 In a bowl, combine the five-spice powder, white pepper, 1 tbsp of the rice wine and soy sauce. Add the prawns and toss to coat, then set aside to marinate for 5 mins. Remove the prawns from the marinade and dust with the cornflour.

3 Heat a wok over high heat until shimmering, then drizzle in the oil. Swirl the oil, then add the garlic, ginger, onion and chilli. Stir-fry for 5-10 seconds, until the onion starts to caramelise. Add the prawns and let them sear on one side for 5 seconds before you stir. Deglaze with the remaining rice wine and toss the prawns, stirring for 1 min. Scatter in the peppers and toss, then mix in the drained pineapple chunks. Pour over the sweet & sour sauce and bring to the bubble. Cook until the sauce has deepened in colour, reducing for 2-3 mins, and the prawns and vegetables are tender and cooked through. Season with the sesame oil and a pinch of white pepper. Transfer to a serving plate and sprinkle over the spring onions to serve.

GOOD TO KNOW low fat • vit c • 1 of 5-a-day
PER SERVING (6) 141 kcals • fat 3g • saturates 0.3g • carbs 21g • sugars 16g • fibre 1g • protein 7g • salt 1.91g

Shanghainese quick-braise Hong Sao-style Lion's Head meatballs

Shoot director FREDDIE STEWART | Food stylist TROY WILLIS | Stylist [illegible]

Shanghainese quick-braise Hong Sao-style Lion's Head meatballs

Not traditionally a Lunar New Year food, but the roundness of the meatballs can be symbolic for a 'well-rounded' year. The reddish Hong Sao (red-braised Chinese sauce) oozes the lucky red symbolism. My grandmother used to say that eating Lion's Head meatballs will make us as strong as lions, a personal family favourite saying. The traditional Shanghainese meatballs are quite large, as big as a fist, but you can make smaller ones, if you like. You can also pre-cook and freeze the meatballs, just give them a quick braise in the red sauce before serving.

SERVES 4-6 PREP 15 mins
COOK 15 mins EASY ▣ 🍷

For the meatballs

500g minced pork (60% lean, 40% pork belly)
4 garlic cloves, finely chopped
2 tbsp ginger, grated
2 spring onions, finely chopped
pinch of ground white pepper
50ml Shaoxing rice wine or dry sherry
1 tbsp dark soy sauce
2 tbsp light soy sauce
1 tbsp toasted sesame oil
1 egg, beaten
4 tbsp cornflour
100ml rapeseed oil

For the red braising sauce

2 ½cm piece ginger, cut into coins
500ml vegetable stock
2 tbsp dark soy sauce
3 tbsp light soy sauce
3 tbsp caster sugar
1 star anise
1 cinnamon stick

To serve

steamed long-stem broccoli

1 Put all the ingredients for the meatballs, except the oil, into a large bowl with ½ tsp salt and stir to combine well. Divide the mixture into 6, then using slightly wet hands, roll each piece into a round ball. Set on a plate.

2 Pour the rapeseed oil into a large wok or pan and heat over medium-high heat. Carefully add the meatballs into the oil and brown all over until golden, carefully turning throughout. Cook for 5-7 mins (they do not need to be cooked through at this point). Lift the meatballs out and set aside.

3 Pour the oil into a heatproof jug, leaving 1 tbsp in the pan. Return the pan to the heat and add the ginger coins. Stir-fry until brown at the edges, using a spoon to scrape any flavour from the bottom of the pan. Pour in the stock, both soy sauces, sugar, star anise and cinnamon stick along with 100ml water. Cook on medium heat for 15 mins, reducing the liquid by about half.

3 Add the meatballs to the sauce and cook, covered, for a further 5-8 mins. Gently coat the meatballs in the sauce, ensuring they are well coated but do not fall apart. Transfer the meatballs to a platter and pour over the sauce (you can leave the star anise and cinnamon on the plate as a garnish). Serve with steamed long-stem broccoli.

PER SERVING (6) 392 kcals • fat 24g • saturates 5g • carbs 24g • sugars 14g • fibre 1g • protein 19g • salt 3.62g

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Seasonal 'wealth greens' ('Fa cai')

'Cai' is the Mandarin word for 'vegetables' but it is also a homonym for 'prosperity' used in the popular Lunar New Year greeting 'Gong Xi Fa Cai' – 'Congratulations on your wealth!' I'm using red chard, sustainable, full of nutrients, the lucky red tinge another running theme in my menu.

SERVES 2 as a side PREP 5 mins
COOK 5 mins EASY V 🍷

2 tsp cornflour
1 tbsp rapeseed oil
2 garlic cloves, finely chopped
2 ½ cm piece ginger, finely shredded into matchsticks
1 red chilli, deseeded and finely chopped
500g red chard, sliced into 5cm pieces
1 tbsp Shaoxing rice wine
1 tbsp light soy sauce
1 tsp toasted sesame oil

1 Mix the cornflour with 1 tbsp water and set aside. Heat a wok or pan over high heat until shimmering, then pour in the oil and give it a swirl. Season, then stir in the garlic, ginger and chilli. Add the chard and toss. Pour in the rice wine and cook, stirring, for less than 1 min. Pour in the soy sauce and the cornflour slurry and stir, then take off the heat and drizzle over the sesame oil. Serve immediately.

GOOD TO KNOW low fat • folate • vit c • iron • 1 of 5-a-day
PER SERVING 148 kcals • fat 8g • saturates 1g • carbs 14g • sugars 3g • fibre 0.4g • protein 5g • salt 2.60g

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Golden egg & onion fried rice

The golden colour of the scrambled egg and wok-charred onion is said to bring wealth for the new year. For a simple yet punchy addition, drizzle crispy chilli oil on top. This is a great dish to serve with the rest of the feast.

SERVES 2 as a side PREP 5 mins
COOK 5 mins EASY V

300g cooked long-grain rice
2 tbsp toasted sesame oil
1 red chilli, deseeded and finely chopped
3 tbsp light soy sauce
2 tbsp rapeseed oil
3 eggs, beaten
1 small onion, roughly chopped
½ tsp dark soy sauce
pinch of ground white pepper
1 spring onion, finely sliced
1 tsp crispy chilli oil, to serve (optional)

1 Tip the cooked rice into a bowl and stir through 1 tbsp of the sesame oil. Put the chilli in a small bowl and stir through 2 tbsp of the light soy sauce.

2 Heat a wok over high heat and add half the rapeseed oil. Add a pinch of salt then pour in the eggs, stirring quickly to scramble for around 30 secs. Remove using a slotted spoon and set aside.

3 Return the wok to the heat and add the remaining rapeseed oil, heat it for 20 secs. Add the onion and stir constantly for just less than a minute until golden. Mix in the rice until it has broken down. Season with dark soy sauce and toss well. Add the scrambled egg pieces back into the wok and stir through. Pour in the remaining light soy sauce, sesame oil and the white pepper. Sprinkle over the spring onions. To serve, garnish with the dressed red chilli and crispy chilli oil, if you like.

PER SERVING 541 kcals • fat 30g • saturates 5g • carbs 52g • sugars 5g • fibre 1g • protein 15g • salt 3.25g

Fa cai

Golden egg & onion fried rice

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Transform cheeseboard leftovers into a retro melting fondue – an indulgent treat for any celebration

recipe CASSIE BEST ***photographs*** LOUISE HAGGER

Shoot directors BEN CURTIS, RACHEL BAYLY | Food stylist ROSIE REYNOLDS
Stylist MAX ROBINSON

Molten cheeseboard fondue

SERVES 6-8 **PREP** 10 mins
COOK 10 mins **EASY**

- 250g alpine or alpine-style cheese (such as gruyère, fontina or gouda), grated
- 100g hard cheese (such as mature cheddar or red leicester), grated
- 1 tbsp cornflour
- 1 garlic clove, squashed using the back of a knife
- 300ml white wine
- 100g brie or camembert, cut into small chunks
- 25g mozzarella, cut into small chunks or grated (optional)
- 2 tbsp brandy (optional)
- 1 tbsp Dijon mustard
- grating of nutmeg
- 50g hard blue cheese, such as stilton (optional)
- your choice of dunkers (see right)

1 Prepare your accompaniments for dunking (see our suggestions, right). Tip the grated alpine and hard cheese into a bowl and toss with the cornflour.

2 Put the squashed garlic clove in a large pan or fondue pot over a low heat, and pour in the wine. Bring to a simmer, then add a handful of the grated cheese mixture, whisking to prevent lumps. Continue adding the grated cheese, a handful at a time, until the cheese sauce is smooth.

3 Stir in the brie or camembert and mozzarella, if using, until melted and smooth. Remove the garlic clove and add the brandy (if using), the mustard and a grating of nutmeg. Stir well. If using blue cheese, crumble this in just before serving (if added with the other cheeses, it can turn the fondue slightly grey). Serve immediately with your prepared accompaniments for dunking.

GOOD TO KNOW calcium • gluten free
PER SERVING (8) 252 kcals • fat 18g • saturates 11g • carbs 3g • sugars 1g • fibre 0.1g • protein 14g • salt 1.35g

Delicious dunkers

Gourmet fondue requires next-level pairings for dunking, like these ideas:

Crispy thyme roasties

Toss potatoes in fresh thyme leaves before roasting to complement the cheese fondue.

Pork in blankets

Brush pork in blankets with a little honey or maple syrup halfway through cooking – the sweetness will cut through the rich flavours of the different cheeses.

Roasted sprouts

Season brussel sprouts with chilli flakes and roast in the air fryer or oven for a spicy kick.

Crusty bread

A bread like sourdough, or a rustic baguette, is best for scooping up the cheese.

Fruit

Try slices of crisp apple, pear or persimmon, or grapes or figs – the sweet fruits will bring welcome freshness to your fondue.

Pickles

Sharp, vinegary pickles, such as cornichons or silverskin onions, will nicely contrast with the deep richness of the cheese.

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Veggie stars

Everyone will feel included with our stunning ideas that both vegetarians and meat-eaters will love

Pumpkin star bread

Pumpkin star bread

Make this savoury tear-and-share bread to serve alongside soup, dips, or a cheeseboard. Alternatively, you could bake our garlic rolls with molten camembert.

SERVES 8-10 **PREP** 40 mins plus 2 hrs proving **COOK** 25 mins
MORE EFFORT V

- 275ml whole milk
- 40g unsalted butter
- 400g can pumpkin purée (or visit *bbcgoodfoodme.com* for a recipe)
- 550g plain flour, plus extra for dusting
- 1 tsp caster sugar
- 7g sachet fast-action dried yeast
- 10g sea salt
- 75g vegetarian Italian-style hard cheese, finely grated
- 2 rosemary sprigs, needles picked and finely chopped

1 Warm the milk in a small pan over a low heat until just steaming. Remove from the heat and stir in the butter to melt, then add 180g of the pumpkin purée. Combine the flour, sugar, yeast and salt in a stand mixer. Add the wet ingredients to the dry, then knead using a dough hook on medium speed for 5-6 mins. Or do this by hand for 10 mins. Cover and leave to prove for 1 hr until doubled in size.
2 Heat the oven to 200C/180C fan/gas 6 and line a baking sheet with baking parchment. Mix the rest of the pumpkin purée with the cheese, rosemary and plenty of black pepper.
3 Divide the dough into four equal pieces and roll into balls. Roll each one out into a 25cm circle on a lightly floured surface. Put one dough circle on the baking sheet and spread over a third of the pumpkin filling, leaving a 2cm border around the edge. Top with another circle of dough and another third of the filling, repeat, then top with the final dough circle. Use a 10cm round cutter to score a circle into the middle of the dough stack. Slice the stack into 16 equal strips up to the edge of the scored circle. Working with two strips at a time, twist in opposite directions, then pinch the ends together. Repeat all the way around to make an eight-pointed star.
4 Cover and leave to prove for 1 hr until puffed up, then bake for 25-35 mins until risen, firm and golden.

PER SERVING (10) 300 kcals • fat 7g • saturates 4g • carbs 47g • sugars 3g • fibre 3g • protein 10g • salt 1.2g

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Broccoli quiche

You can serve this as an elegant starter as well as cut it into pieces for lunch the next day. The quiche itself is best baked on the day, then slightly cooled before slicing, but the pastry case can be made ahead.

SERVES 8 as part of a buffet or 12 as a starter **PREP** 25 mins plus cooling **COOK** 55 mins **EASY V**

- 320g sheet ready-rolled shortcrust pastry
- 200g long-stemmed broccoli or small broccoli florets
- 3 eggs, beaten
- 200ml double cream
- 1 tsp wholegrain or Dijon mustard
- large handful of chives or parsley leaves, finely chopped
- 4 tbsp caramelised onion chutney
- 125g mature cheddar or vegetarian hard cheese

1 Heat the oven to 200C/180C fan/gas 6 with a baking sheet inside to heat up. Unroll the shortcrust pastry sheet, then roll out slightly so it's large enough to line a 22cm fluted tart tin. Lift the pastry into the tin, pressing it into the edge, then trim the excess so it sits 1cm above the rim. Prick the base of the case all over with a fork, then line with baking parchment and fill with baking beans. Bake for 15 mins, then remove the parchment and beans, and bake for 5 mins more until light golden. *Will keep at room temperature for a day.*
2 Meanwhile, cook the broccoli in a pan of simmering water for 5 mins until soft but not mushy. Drain, then cool under cold running water. Pat dry using a clean tea towel or kitchen paper – this is important or the quiche will be watery.
3 Combine the eggs, cream, mustard and herbs with some seasoning. Reduce the oven to 180C/160C fan/gas 4. Spread the chutney over the base of the pastry case. Cut 100g of the cheese into 1cm cubes and scatter these over. Arrange the broccoli on top, then pour over the egg mixture. Grate over the rest of the cheese. Bake for 35-40 mins until the filling is just set. Leave to cool in the tin for 30 mins, then slice to serve.

PER SERVING (12) 289 kcals • fat 22g • saturates 11g • carbs 14g • sugars 4g • fibre 2g • protein 7g • salt 0.5g

Nut roast rolls

MAKES 16 **PREP** 25 mins plus chilling **COOK** 40 mins **EASY** V ❄

2 tsp olive oil
1 onion, finely chopped
200g chestnut mushrooms, chopped
5 sage leaves, finely chopped
5 thyme sprigs, leaves picked
250g pouch cooked puy lentils
50g fresh breadcrumbs
80g mature cheddar
1 egg, beaten
75g mixed nuts (we used cashews, pecans and almonds)
nutmeg, for grating
320g ready-rolled puff pastry

1 Heat the olive oil in a frying pan over a medium heat and fry the onion for 8-10 mins until soft and translucent. Add the mushrooms and herbs, and continue to cook for 8-10 mins more until all the water from the mushrooms evaporates.

2 Tip half of the lentils into a food processor along with the onion and mushroom mix, the breadcrumbs, cheese, most of the egg, the nuts and a generous grating of nutmeg. Season well, then pulse to a coarse rubble – you want a little texture, so be careful not to over-blend. Add the remaining lentils and pulse again.

3 Unroll the puff pastry sheet and cut it in half down the centre, along its length. Spoon the nut roast mixture down the centre of each pastry rectangle. Brush a little of the remaining beaten egg over one exposed edge of each rectangle, then fold the pastry over to enclose the filling, pressing the edges together firmly to seal. Brush the tops of the rectangles with the rest of the beaten egg, then cut into 4cm rolls down the length.

4 Arrange the rolls over two baking trays lined with baking parchment. Chill for at least 30 mins. *Will keep frozen for up to three months.* Heat the oven to 180C/160C fan/gas 4. Bake the rolls for 20 mins from chilled or 30 mins from frozen. Can be served warm or cold.

PER ROLL 173 kcals • fat 11g • saturates 4g • carbs 12g • sugars 1g • fibre 2g • protein 6g • salt 0.3g

Honeyed beetroot & carrot salad with feta & hazelnuts

SERVES 4-6 **PREP** 20 mins
COOK 30 mins **EASY** V

4 carrots (about 450g), cut into batons
4 beetroots (about 450g), peeled and cut into thin wedges
2 tbsp olive oil
150g quinoa and bulgur wheat mix
2 tbsp honey
2 lemons, zested and juiced
1 orange, zested and juiced
1 tsp ground cumin
1 tsp ground coriander
75g hazelnuts, roughly chopped
2 tbsp extra virgin olive oil
small bunch of mint, leaves picked and chopped
small bunch of parsley, chopped
small bunch of dill, chopped
200g feta, crumbled (check the label to ensure it's vegetarian if needed)

1 Heat the oven to 200C/180C fan/gas 6. Tip the carrots and beetroot wedges into a roasting tin, drizzle with the olive oil and season. Toss to coat and roast for 25 mins.

2 Meanwhile, cook the quinoa and bulgur wheat mixture in a pan of boiling salted water following pack instructions. Drain in a sieve, then set aside to cool slightly.

3 Combine the honey, lemon zest, orange zest and juice, the cumin and coriander. Remove the tin from the oven and pour the honey mixture over the veg. Stir, then scatter over the hazelnuts and return to the oven for another 10 mins.

4 Tip the cooked grains onto a serving platter and dress with the lemon juice and extra virgin olive oil. Top with most of the herbs and the feta, season well, and toss together. Pile the roasted veg and hazelnuts on top, pouring over any roasting juices from the tin. Scatter with the remaining herbs just before serving. *Best served warm or at room temperature for a buffet.*

PER SERVING (6) 437 kcals • fat 24g • saturates 6g • carbs 38g • sugars 19g • fibre 9g • protein 13g • salt 1.1g

Pull-apart garlic rolls with baked camembert

MAKES 20 **PREP** 30 mins plus 2 hrs 30 mins proving **COOK** 30 mins
MORE EFFORT V

- 500g strong white bread flour, plus extra for dusting
- 7g sachet fast-action dried yeast
- olive oil, for proving
- 150g butter
- 4 garlic cloves
- small bunch of parsley, chopped
- 250g wheel of vegetarian camembert
- 1 egg, beaten

1 Tip the flour into the bowl of a stand mixer fitted with the dough hook. Tip the yeast into one side of the bowl and 1 tsp salt into the other. Pour in 300ml warm water, then mix together to form a dough. Knead for 5 mins. Or, combine the ingredients in a large bowl, then tip onto a work surface and knead by hand for 8-10 mins until the dough is smooth and springy. Form into a ball and transfer to a clean, oiled bowl. Cover with a tea towel and prove at room temperature for 2 hrs, or until roughly doubled in size. Or, prove the dough in the fridge overnight.
2 Tip the butter into a food processor. Peel the garlic and add this along with the parsley, and blitz to combine.
3 If the dough has been chilled, remove from the fridge 20 mins before baking. Line a large baking tray with baking parchment. Roll the dough out on a lightly floured surface to a long, thin rectangle that's roughly 45 x 20cm. Spread the flavoured butter over the surface of the dough, then roll it up into a sausage, starting from one of the long sides. Slice the dough into spirals along its length (you should get about 20 rolls).
4 Remove any packaging from the camembert and put it in the centre of the prepared tray, then cut a cross into the top. Arrange the buns, swirl-side up, around the cheese, leaving space between each for rising. Loosely cover with a tea towel and leave to prove for 30 mins until the buns have puffed up. Heat the oven to 200C/180C fan/gas 6.
5 Uncover the tray and brush the buns with the beaten egg. Bake for 30 mins, turning the tray around halfway through, until the buns are golden brown. Leave to cool for 5 mins, then serve.

PER SERVING 194 kcals • fat 10g • saturates 6g • carbs 19g • sugars 0.2g • fibre 1g • protein 6g • salt 0.6g

PLANET FRIENDLIER

Grow it, *cook it*

BBC Gardeners' World presenter **Adam Frost** shares advice on how to grow your own red cabbage, pears and brussels, showcased in recipes from our head of food **Cassie Best**

photographs MAJA SMEND

Adam Frost is an award-winning British garden designer and presenter on BBC Two's *Gardeners' World*. He also appears on BBC coverage of the RHS Flower Shows. *@adamfrostdesign*
• For more tips on growing your own, visit *gardenersworld.com*

Red cabbage

Cabbages are a versatile crop, available in a range of different colours, shapes and leaf textures. They can be shredded into salads, added to stir-fries or mixed into soups, and due to the huge variety, it's possible to harvest them almost all year round. Most varieties are ready to harvest from late summer.

One-pot braised pork shoulder with spiced red cabbage & orange

Enjoy two Sunday lunch elements in one pot with this recipe. The pork is infused with the aromatics from the braised cabbage, while the cabbage benefits from slowly simmering in the pork juices. Don't waste the pork rind – some crispy crackling is a wonderful addition (see tip below).

SERVES 6 **PREP** 20 mins
COOK 4 hrs 30 mins **EASY**

2 tsp fennel seeds
1 tbsp coriander seeds
2 tsp sea salt flakes
1.2kg boned pork shoulder, tied
1 tbsp olive oil, plus a drizzle
1 large orange
1 red onion, halved and sliced
1 small red cabbage (about 850g), quartered, cored and sliced
2 star anise
1 cinnamon stick
2 bay leaves
200ml red wine
2 tbsp light brown soft sugar
2 tbsp red wine vinegar
mash, to serve

1 Toast the fennel and coriander seeds in a dry frying pan over a low heat for a few minutes until fragrant, then roughly grind along with the sea salt flakes using a pestle and mortar. Set aside.

2 If the pork is wrapped in a layer of pork rind, untie it and carefully cut the rind away, along with any thick areas of fat. A little fat is good for flavour, but too much will make the finished dish greasy. (See our tip for making crackling, opposite). Retie the pork in a cylindrical shape, then rub a drizzle of oil and the spiced salt over the surface. Heat the oven to 160C/140C fan/gas 3.

3 Heat 1 tbsp oil in a large ovenproof pot or flameproof casserole over a medium-high heat and brown the pork all over. Add 200ml water to the pan, cover, then cook on the middle shelf of the oven for 2 hrs.

4 Remove from the oven and carefully lift the pork out onto a plate. Peel three large strips of zest from the orange, then drop these into the pot. Squeeze in all the orange juice, then mix in the onion, cabbage, star anise, cinnamon stick, bay, red wine, sugar and vinegar. Season and bring to a simmer on the hob over a medium heat. Sit the pork on top of the cabbage mixture, cover and return to the oven for another 2 hrs, removing the lid for the final 20 mins.

5 The pork is ready when it's tender enough to shred with a fork. If it needs longer, return to the oven for 30 mins, covered, then check again. Once cooked, remove the pot from the oven and leave to rest. If the cabbage has lots of liquid, remove the pork to a plate and simmer uncovered until the juices reduce to a glossy sauce. Slice or shred the pork and serve with the cabbage and some mash on the side, if you like.

GOOD TO KNOW vit c • 2 of 5-a-day • gluten free
PER SERVING 419 kcals • fat 21g • saturates 6g • carbs 14g • sugars 13g • fibre 5g • protein 34g • salt 1.99g

ADAM'S ADVICE ON GROWING YOUR OWN

How to grow

- Grow cabbages in firm, alkaline-to-neutral soil in a well-prepared bed, following seed spacing requirements on the packet. Firm in well to prevent cabbage root fly, and use a root collar if needed. Feed with nitrogen-rich liquid food every fortnight.

How to harvest

- The cabbages should be ready to harvest after about 20 weeks. Leave some in the ground to grow the following year.

tip

Score the rind at 1cm intervals. Rub in salt, working it into the cuts, then rest at room temp for 30 mins. Pat dry using kitchen paper, then bake at 220C/200C fan/gas 7 for 30 mins while the pork rests. Grill for the last few minutes for extra-crisp crackling, but keep an eye on it as it burns easily. Serve in shards alongside the pork.

Pears

With attractive spring blossoms and autumn colour, pear trees are ornamental – and the home-grown fruit is a bonus! Grown onto rootstocks of varying sizes, the trees can be planted in smaller spaces and containers. And, there's a huge range of pear cultivars to grow, with more variety of colour and flavour than you'll find in the supermarket.

Brandy butter caramel pears with spiced Basque-style cheesecake

Yes, the pears here are poached and cooked in a brandy butter caramel and are the stars of the show, but why not indulge by serving them with a simple baked cheesecake. If you don't want to make the cheesecake, you could just spoon the pears and caramel over vanilla ice cream instead.

SERVES 10-12 **PREP** 30 mins plus 3 hrs chilling and cooling
COOK 1 hr **EASY** **V** 🍸

200g caster sugar
1 cinnamon stick
1 star anise
1 vanilla pod, split and seeds scraped out, or use 2 tsp vanilla extract
50ml brandy
6 small, firm pears
50g butter
200ml double cream

For the cheesecake

750g soft cheese
225g caster sugar
2 tbsp plain flour
1 tbsp ground cinnamon
200g soured cream
4 medium eggs
2 tsp vanilla extract

1 Heat the oven to 240C/220C fan/gas 9 ensuring there's plenty of space free above the middle shelf. Line a deep 20cm loose-bottomed cake tin using two large sheets of baking parchment stacked on top of one another, criss-crossed and leaving plenty overhanging the rim. Press the parchment into the base and up the side of the tin. Set aside.

2 To make the cheesecake, tip the soft cheese and caster sugar into a large bowl or the bowl of a stand mixer. Beat using an electric whisk (or the mixer) for 1-2 mins until the sugar has dissolved (check this by rubbing a little of the mixture between your fingertips – if it feels grainy, continue mixing for another minute or so). If the mixture becomes very runny, continue to beat until it thickens up again.

3 Tip in the flour, cinnamon, soured cream, eggs, vanilla and $^1/_4$ tsp salt, and mix again until smooth. Scrape the cheesecake mixture into the tin and bake for 35 mins on the middle shelf of the oven until puffed up and deeply caramelised, with a slight wobble in the middle. Remove from the oven and leave to cool completely in the tin – it will sink as it cools. Chill for 3 hrs before serving. *Will keep chilled up to two days.*

4 For the pears, cut out a circle of baking parchment using a large pan as a template.This is a cartouche and will be used to cover the pears as they're poaching (it should be the same size as the pan, as it helps keep the pears submerged and the liquid from evaporating too quickly). Set this aside. Tip the sugar, cinnamon stick, star anise, vanilla seeds and pod, the brandy and 500ml water into the pan you used as a template. Warm the mixture over a low heat until it is just steaming and the sugar has dissolved.

5 Peel the pears, leaving the stalks intact. Slice in half lengthways through the core, then use a melon baller or small, sharp knife to remove the hard core and pips. Carefully lower the pears into the steaming liquid in the pan. Cover the surface with the circle of baking parchment and cook over a low-medium heat for 20 mins, or until the tip of a knife easily slides into the pears. Lift out of the poaching syrup to a plate or bowl using a slotted spoon, and set aside.

6 Turn up the heat under the pan of poaching syrup, and add the butter, cream and a pinch of salt. Bring to a bubble and cook for 10-15 mins until the colour deepens to a light caramel and the sauce thickens. *Once cool, the pears and caramel will keep chilled for three days. Warm the caramel in a pan over a low heat.*

7 Cut the cheesecake into wedges and serve with the poached pears and brandy butter caramel poured over the top or alongside.

PER SERVING (12) 514 kcals • fat 32g • saturates 20g • carbs 45g • sugars 42g • fibre 2g • protein 7g • salt 0.68g

ADAM'S ADVICE ON GROWING YOUR OWN

How to grow

- Grow pears in moist but well-drained soil in full sun to partial shade. Prune fan- and espalier-trained pears in summer and standard pears in winter. Mulch annually with well-rotted manure or compost.

How to harvest

- Harvest pears from late August onwards. It's best to pick them when the fruit is still firm to the touch – cup individual fruits in your hand and gently twist off to remove. Leave the fruits to ripen in a cool, dark place.

Brussels sprouts

They may be divisive, but sprouts are still a very popular vegetable in the cabbage (brassica) family. Brussels sprouts are also an excellent source of vitamins C and D, plus folic acid and dietary fibre. They can be enjoyed raw, roasted, steamed and fried, or in slaws, salads and stir-fries.

Caesar brussels slaw & parmesan chicken schnitzel burgers

Sprouts are rarely eaten raw but tossed with a creamy dressing, they make a delicious slaw. And, if you can't get enough of it, you can double the slaw recipe and keep it in the fridge for a couple of days – it's a great partner to leftover ham or sarnies.

SERVES 2 **PREP** 25 mins
COOK 20 mins **EASY** ❄ burgers only

1 large chicken breast
3 tbsp plain flour
1 egg
70g panko breadcrumbs
10g parmesan, grated
vegetable or sunflower oil, for frying
2 brioche burger buns

For the slaw
2 anchovies in olive oil, finely chopped to make a paste
1 small garlic clove, crushed
3 tbsp mayonnaise
2 tsp Dijon mustard
½ lemon, juiced
10g parmesan, grated
150g brussels sprouts

1 Put the chicken breast on a chopping board, cover with a sheet of baking parchment and bash with a rolling pin or meat mallet until it is a uniform thickness. Remove the parchment and cut the breast into two even pieces. Season both well.
2 Tip the flour into a shallow dish, beat the egg in another and mix the breadcrumbs and parmesan in a third dish. Dip each piece of chicken into the flour, shake off the excess, then dunk into the egg, turning to coat. Finally, press into the cheesy breadcrumbs until fully coated. *Will keep chilled for up to a day, or frozen for two months.*
3 For the slaw, combine the anchovies, garlic, mayo, mustard, lemon juice, parmesan and a twist of black pepper in a large bowl. Halve then finely slice the sprouts, and toss in the dressing to coat.
4 Drizzle enough oil into a large frying pan to cover the base, and heat over a medium heat. Cook the chicken for 4-5 mins on each side until golden and cooked through. Meanwhile, toast the buns under a hot grill or in the oven. Stuff the chicken schnitzel into the buns along with plenty of slaw.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING 855 kcals • fat 36g • saturates 8g • carbs 81g • sugars 13g • fibre 8g • protein 48g • salt 2.59g

ADAM'S ADVICE ON GROWING YOUR OWN

How to grow

- Sow seeds in spring and plant out into fertile soil after all risk of frost has passed. Water regularly, feed with an organic nitrogen-rich fertiliser, and stake in autumn to prevent wind rock.

How to harvest

- Brussels sprouts ripen from the base of the stalk, so harvest from the bottom as and when they are ready to pick. You can also cut the whole stalk, as this will ensure the sprouts will keep for longer.

ALSO IN SEASON Goose

Each month, Barney Desmazery spotlights an underrated ingredient at its seasonal peak. While turkey has become synonymous with Christmas, goose has a long-standing history as the bird of choice for celebratory feasts. Michaelmas, the Christian feast day of St Michael, falls on 29 September and marks the start of the goose season (and the last day blackberries should be eaten, according to folklore). Historically, Michaelmas was a significant date in the agricultural calendar; as it's near the autumn equinox, it was once seen as a time to settle debts and mark the end of the harvest. Goose was often served as part of these celebrations, having fattened up on the stubble left in the fields after the grain harvest.

While traditions have changed, September is still the start of the British goose season, which runs through January so it's an excellent choice for gatherings.

When buying goose, look for evenly coloured, off-white skin with no signs of bruising, and remember that it may not yield as much meat as its size suggests, due to a high cavity-to-meat ratio. A large goose will generally serve around six to eight people generously.

Roasting a goose can seem daunting, but it's well worth the effort. The bird's thick layer of fat ensures the meat stays moist and flavourful. Plus, this fat can be rendered and used for cooking roast potatoes or vegetables, adding a rich, savoury depth of flavour. The key to a perfect roast goose is to cook the legs and breast separately, or use a lower temperature to ensure the legs are cooked through without drying out the breast.

Find a recipe for goose at *bbcgoodfoodme.com* – there, you'll find everything from a traditional whole roasted goose, to Raymond Blanc's method for cooking the legs and crown separately.

Shoot director FREDDIE STEWART | Food stylists JESSICA MCINTOSH, LIZZIE HARRIS | Stylist WEI TANG

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Reclaim your weekend

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Next level roast beef

Our foolproof method guarantees tender, juicy meat for a special Sunday gathering

recipe BARNEY DESMAZERY *photograph* KIM LIGHTBODY

Whether you're looking for an alternative to turkey or you just love roast beef on a Sunday, this recipe guarantees the best results. We've thought about every aspect of roasting, from getting the seasoning to permeate deep into the meat, to how best to roast it so it's cooked evenly throughout. And, to add lots more flavour, we're using a classic flavoured butter packed with ingredients that complement the meat perfectly. After tasting this, you'll never roast beef any other way.

SERVES 8-10 **PREP** 10 mins plus overnight chilling and up to 2 hrs resting **COOK** 3-4 hrs **MORE EFFORT**

2kg sirloin of beef joint, boneless, fat trimmed (leave a thin layer on), rolled and tied

For the flavoured butter (optional)

4 anchovy fillets, chopped
4 garlic cloves, finely chopped
1 small shallot, finely chopped
2 tsp Dijon mustard
1 tsp Worcestershire sauce
1 tsp lemon juice
½ tsp sweet smoked paprika
small handful of parsley, finely chopped
small handful of tarragon, finely chopped
200g unsalted butter, softened

1 Up to three days ahead and at least a day before cooking, season the meat generously all over with flaky salt and a little cracked pepper – do this on a plate or tray so you can roll the beef in any of the seasoning that falls off. Sit the beef fat-side up on a rack above a shallow tray and leave it uncovered in the fridge, then remove the next morning a few hours before you want to cook it.

2 Heat the oven to 120C/100C fan/gas ½. Put the beef in the oven on its tray and roast for 3-4 hrs until the temperature on a digital cooking thermometer inserted in the middle of the joint reads 50C for rare, 55C for medium rare or 58C-60C for medium to medium-well. Cook it however you like it, but with this cut being a lean muscle with just fat over the top, we think medium-rare is perfect. After removing from the oven, cover with two layers of foil, then leave to rest at room temperature for up to 2 hrs.

3 If you want to make the flavoured butter, tip all the ingredients, except the butter, into a bowl or mini chopper along with a pinch of salt and mix well until combined. Add the butter and blitz to fully combine. Scrape out onto a sheet of baking parchment, then roll into a log shape and twist the ends to seal. Chill for at least 2 hrs to allow the flavours to develop and the butter to firm up. *Will keep frozen for up to a month.*

4 About 30 mins before you want to serve, turn the oven up to 240C/220C fan/gas 9 and heat for 10 mins. If you've made the butter, slice it into about 15 rounds and put on top of the beef. Put back in the oven for another 15-20 mins or until the meat has browned and the fat is deep golden all over, then leave to rest for another 5 mins. Carve the beef into thick slices and serve with the buttery pan juices spooned over.

ROAST BEEF ONLY
GOOD TO KNOW gluten free
PER SERVING (10) 244 kcals • fat 8g • saturates 4g • carbs none • sugars none • fibre 0.2g • protein 42g • salt 0.91g

BUTTER ONLY
PER SERVING (20g) 106 kcals • fat 11g • saturates 7g • carbs 1g • sugars 0.5g • fibre 0.2g • protein 0.5g • salt 0.21g

Shoot director FREDDIE STEWART Food stylist NICOLA ROBERTS Stylist AMY KINNEAR

Our top tips

SALT AGEING

Salting the beef well in advance means the flavour is absorbed into the meat ensuring that it is seasoned throughout, rather than just on the surface.

THE RIGHT CUT

This recipe was tested extensively with different roasting joints of beef and, though rib is often considered the classic prime cut to roast, we found it too fatty and it left us with too much food waste. Sirloin has the perfect ratio of fat to meat with a nice eye of meat that yields uniform slices.

REVERSE ROAST

Rather than roasting the meat in a high oven that cooks it from the outside in, we've cooked it at a much lower temperature so it cooks more evenly, and isn't overdone on the outisde.

TAKE THE TEMP

Our method requires precision, and for that, you'll need a cooking thermometer. This is a great bit of kit for roasting or barbecuing as it takes all the guesswork out of cooking meat to your liking.

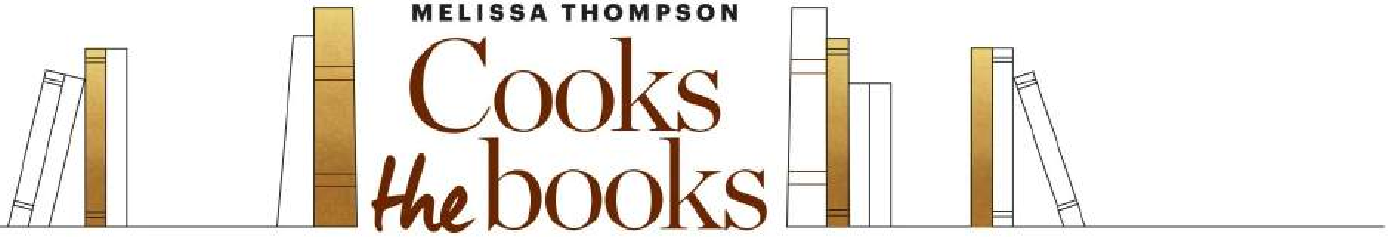
BISTRO BUTTER

To make this recipe more complex and add layers of flavour, we've added a classic Café de Paris flavoured butter. This is optional and without it, you'll still have an amazing piece of roast beef.

BROWNING

The initial slow cooking means the beef doesn't get that crusty browned meat flavour, which is why we put it back in the oven to brown just before serving. This also gives you time to cook any sides you're having with it.

MELISSA THOMPSON



Cooks the books

Melissa tries cooking nostalgic food from *The Balkan Kitchen* by **Irina Janakievska**

recipe IRINA JANAKIEVSKA

For the last year, this column has celebrated my favourite cookbooks. From Jamaica to Malta, to Sierra Leone, Bangladesh, Britain, Nigeria and Japan, we have travelled the world and immersed ourselves in the flavours of different cultures.

Food has always been a way to forge connections and cookbooks can be a brilliant entry point to a place we might never visit and otherwise know little about. Eat a nation's food, and you can learn about its history, politics and the movement of its people.

This column will be my last Cooks the Books, and so I wanted to choose a book that is truly brilliant. I could have chosen the first cookbook I ever bought myself (*Meat* by Hugh Fearnley-Whittingstall), or the one I have turned to most (Edna Lewis's *The Taste of Country Cooking*). The one I bring out when it starts to turn warmer (*Chasing Smoke* by Honey & Co), or the one I pick when I'm looking for comfort (*The Rangoon Sisters* by Amy and Emily Chung).

But instead, I am choosing a new book that has only been out since October. It's one that encapsulates everything I believe a cookbook should be.

The Balkan Kitchen is a book filled with recipes that I want to cook, which should be the most important element of any cookbook. But it offers so much more. Irina Janakievska's debut is a rich, poignant journey into the essence of Balkan cuisine, an area that has often been overlooked in the UK.

The chef and food writer describes the region's history, and breaks down how its geography isn't always clear-cut. The facts are interspersed with Irina's own history, of growing up in North Macedonia and of food cooked by her beloved grandmother. Of how war displaced people, with Irina moving to Kuwait as a girl before coming to London and studying corporate law, a profession she would eventually leave to pursue a career in food.

There are dishes such as chicken paprikash with noklice, a warming paprika-rich stew with chicken thighs and flour dumplings; chicken and rice, seasoned with a spiced butter beneath the skin before roasting; Sarajevo-style burek filled with minced beef and juha with knedle; a broth of beef and vegetables. Everything reads like a hug, and Irina's genuine connection to each dish just enriches their appeal.

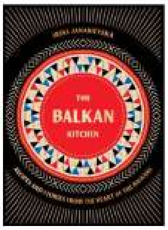
I am sharing one that – full disclosure – I have already cooked. It is the recipe for sarma od kisel kupus (stuffed sour cabbage leaves). It was the first recipe Irina ever had published, back in December 2020, and the piece that first made me aware of her brilliance with both words and food.

The recipe is poignant for Irina because of the vivid recollections of her grandmother preparing the barrels in which the cabbages would be fermented to make the necessary kisel kupus (sour cabbage leaves). Done in autumn, the cabbages would hopefully be ready to see in the new year. We are transported to Irina's grandmother's 10th floor apartment.

Without a stock of my own cabbage leaves, I turned instead to my local Turkish grocer. The making of the sarma felt somehow familiar and personal, thanks to Irina's words. It's not a quick process but a beautifully meditative one, which I really enjoyed.

And the flavour? Unreal. Everything I had hoped for. Smoky from the paprika and meats, with the sourness of the cabbage lifting everything. It's so hearty, and exactly the sort of dish you want to cook at this time of year – and to end this column.

It's been a real treat exploring these cookbooks, and I urge you to keep buying or borrowing them and supporting people to tell their stories, and us to share in that storytelling. In a time where those connections are more vital than ever, I hope food will continue to unite people.



Recipe extracted from *The Balkan Kitchen* by Irina Janakievska and not retested by us. Photograph by Liz Seabrook.

Melissa runs recipe project Fowl Mouths, striving to drive change in the food industry. She's a vocal advocate for black and minority ethnic people in this field, and in 2022 won the PPA Writer of the Year award for her work on Good Food. Her debut book, *Motherland*, is out now. @MelissaFood

Sarma od kisel kupus (Stuffed sour cabbage leaves)

MAKES 24-32 rolls **PREP** 30 mins
COOK 4 hrs **MORE EFFORT**

1-2 heads of sour cabbage (1.2-1.4kg total)
50g slanina, smoked bacon or smoked pancetta, cut into 1cm-thick slices
4 bay leaves
1 tsp black peppercorns
1 tsp sweet paprika
1 tsp Bukovo pepper or Aleppo pepper
200g smoked pork ribs (optional)

For the filling
3 tbsp sunflower or olive oil
1 onion, finely chopped
1 leek, trimmed and finely chopped
200g minced beef or veal
200g minced pork
¼ tsp ground cumin
2 tbsp sweet paprika
½ tsp dried oregano
1 tbsp vegetable bouillon powder
200g risotto rice, washed and drained
20g parsley, leaves picked and finely chopped

To serve (optional)
3 tbsp sunflower or olive oil
1 tbsp sweet paprika
½ tsp Bukovo pepper or Aleppo pepper

1 Start by making the filling. Heat the oil in a large sauté pan over a medium- high heat and fry the onion and leek with 1 tsp sea salt flakes for 15-17 mins until soft and jammy. Add the beef or veal and pork and cook for a further 5-7 mins, breaking it up with a wooden spoon and stirring occasionally, until the meat is browned. Reduce the heat to medium and add the cumin, paprika, oregano, vegetable bouillon, 2-3 tbsp water and a good grind of black pepper. Stir to combine, then add the rice and cook for a further 1-2 mins, stirring to coat the rice in the cooking juices. Stir in the parsley, remove from the heat and set aside to cool slightly.

2 Next, carefully separate the leaves from the cabbage heads. Set aside the outer leaves and the smallest leaves from the hearts of the cabbages or any that are too large, small or torn. Select the best palm-sized leaves you have for rolling (ideally ones that are approximately the same size). If a leaf has a thick stem that would make rolling difficult, trim this out keeping the leaf intact (reserve any offcuts). You can join two small leaves together to make one roll.

3 Line a large, heavy-based saucepan with 2-3 of the outer or torn cabbage leaves. Next, place 2-3 tsp of the filling along the longest side of a cabbage leaf, roll the leaf over the stuffing away from you, then fold over the sides and continue rolling. Repeat with the remaining leaves and filling. As you roll the sarma, pack the rolls tightly next to each other in the saucepan. Once you have a single layer, sprinkle half the slanina slices, bay leaves, peppercorns, paprika and Bukovo pepper on top. Cover with 2-3 outer, torn or small cabbage leaves, then place the smoked pork ribs (if using) on top. Arrange the rest of the rolls on top of that and finish with the rest of the slanina, bay leaves, peppercorns, paprika and Bukovo pepper. Cover with any remaining cabbage offcuts and leaves. Pour over enough of the water to ensure all the rolls are submerged. Weigh down the rolls with an inverted heatproof plate. Cover with a lid, then place the pan over a medium-high heat and bring to the boil. Reduce the heat to medium, then simmer gently for 3-3½ hrs, or until the rolls are soft enough to slice through with a butter knife. Top up with water from time to time if needed (the sarma mustn't dry out).

4 When the sarma has finished cooking, prepare the topping. Heat the oil in a small frying pan over a medium heat. Add the sweet paprika and remove from the heat immediately. You are simply flavouring the oil. At this point, you can either drizzle the sweet paprika oil over the sarma and serve, or you can gently transfer the rolls to a large baking dish with the slanina and ribs and all the cooking juices and drizzle a little of the sweet paprika oil over each roll, then place the baking dish in the oven for 10-15 mins at 220C/200C fan/gas 7 to give each of the rolls a crisp top. Sprinkle with a little Bukovo pepper to serve.

GOOD TO KNOW vit c
PER SERVING (32) 82 kcals • fat 4g • saturates 1g • carbs 7g • sugars 1g • fibre 2g • protein 4g • salt 0.38g

Irina's tips

Feel free to use shop-bought sour cabbages. These are usually heavily brined, so before using, soak the leaves in just-boiled water for at least five minutes, then drain.

Swap the minced pork with beef or lamb and the smoked bacon and ribs with other smoked meats, if you like.

Go retro

For a pud that screams nostalgia, try this easy showstopper inspired by the 80s classic Viennetta

recipe SAMUEL GOLDSMITH ***photograph*** KIM LIGHTBODY

Mint choc chip ice cream bombe

SERVES 8-10 **PREP** 20 mins plus at least 4½ hrs freezing **COOK** 10 mins
EASY V ❄

1 litre mint choc chip ice cream
500g chocolate ice cream
200g dark mint chocolate
500g vanilla ice cream
100g dark chocolate
To decorate
bubbly mint chocolate, mint chocolate sticks or chocolate mint thins

1 Remove the mint choc chip ice cream from the freezer and leave to soften for 20-30 mins until it's easy to scoop and mould. Spoon into a freezerproof bowl around 1.2 litres or 20cm in diameter at the top (if you don't have a bowl this size, a larger one is fine, you will just have a wider, shorter bombe). Spread the ice cream all over the inside of the bowl to make a layer about 2-3cm thick. Put back in the freezer for 30-45 mins to set again.

2 Around 20 mins after putting the bowl in the freezer, remove the chocolate ice cream from the freezer. Leave to defrost for around 10 mins. Meanwhile melt half the dark mint chocolate in a bowl over a pan of simmering water, ensuring the bowl doesn't touch the water, or do this in the microwave in 10-second bursts, stirring until smooth. Once the mint choc chip ice cream has set (it's fine if it's a tiny bit soft) drizzle over the melted chocolate. It should set almost as soon as it touches the ice cream. Next, layer in the chocolate ice cream making it as even as you can. Freeze for 30-45 mins to set again.

3 Remove the vanilla ice cream from the freezer and set aside for 20 mins, then melt the remaining dark mint chocolate towards the end of that time. Drizzle the melted chocolate over the chocolate ice cream layer, then fill the bowl to the top with the vanilla ice cream, smoothing the surface with a spatula. Put back in the freezer for at least 3 hrs, or overnight.

4 When you're ready to serve, melt the dark chocolate, then remove the bombe from the bowl by quickly dipping the bowl in hot water and inverting it onto a plate. If the ice cream on the outside melts too much, put back in the freezer to set a little. Drizzle over the melted dark chocolate and decorate with your choice of mint chocolate pieces.

PER SERVING (10) 325 kcals • fat 18g • saturates 11g • carbs 35g • sugars 31g • fibre 3g • protein 5g • salt 0.1g

Shoot director FREDDIE STEWART
Food stylist NICOLA ROBERTS | Stylist AMY KINNEAR

Healthy lunchboxes for 2025

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Porridge toppers
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Porridge toppers

Jazz up your morning oats with one of these tempting topping ideas

Banana colada porridge

SERVES 2 **PREP** 5 mins **COOK** 5 mins **EASY** **V**

Make your **porridge** (use **coconut milk** for an extra-tropical taste). Split **1 banana** lengthways and place one half on top of each bowl. Squeeze over a little **lime juice** and top with a **spoonful of coconut yogurt**, **toasted coconut shavings** and a **maraschino** or **glacé cherry**.

PER SERVING 218 kcals • fat 17g • saturates 15g • carbs 12g • sugars 10g • fibre 3g • protein 3g • salt 0.1g

Maple squash, bacon & blueberry porridge

SERVES 4 **PREP** 5 mins **COOK** 30 mins **EASY**

Heat the oven to 200C/180C fan/gas 6. Toss **200g frozen chopped butternut squash** with **2 tsp vegetable oil**, **½ tsp ground cinnamon** and a pinch of salt. Roast on a lined tray for 25 mins. Crumble **4 rashers ready-cooked streaky bacon** over the squash, add a **large handful of blueberries** and drizzle with **2 tbsp maple syrup**. Return to the oven for 5 mins until the squash is caramelised and the blueberries look plump and juicy. Meanwhile, make your **porridge**. Top with the squash, bacon and blueberries, and drizzle with a little extra maple syrup.

PER SERVING 143 kcals • fat 7g • saturates 2g • carbs 14g • sugars 8g • fibre 1g • protein 6g • salt 0.9g

Plum, raisin & granola porridge

SERVES 2 **PREP** 5 mins
COOK 30 mins **EASY** **V**

Heat the oven to 180C/160C fan/gas 4. Halve and stone **2 plums**. Place cut-side up in a small dish and drizzle with **1 tbsp honey** and 2 tbsp water. Bake for 15 mins. Mix **30g porridge oats** with **1 tbsp honey**, **2 tsp vegetable oil**, **½ tsp ground cinnamon**, a pinch of salt and a **small handful of raisins**. Squash together to make clumps (like a crumble mixture), then scatter over the plums. Return to the oven for another 15 mins. Meanwhile, make your porridge. Top with the granola and baked plums, then drizzle over any excess juice from the dish.

PER SERVING 212 kcals • fat 4g • saturates none • carbs 39g • sugars 29g • fibre 3g • protein 2g • salt 0.1g

Vanilla poached pears with almond butter porridge

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY** **V**

Peel, halve and core **2 small pears**. Combine **100g caster sugar**, the **juice of ½ a lemon** and 200ml water in a small saucepan. Halve **1 vanilla pod** and scrape the seeds into the pan, then add the pod (alternatively, use **1 tsp vanilla bean paste**). Heat until the sugar has dissolved. Add the pears and cover the surface with a circle of baking parchment (this will ensure the pears cook through evenly). Cook for 15-20 mins until the pears feel soft when poked with a knife. Leave to cool. *Can be kept chilled in the liquid for up to one week.* Meanwhile, make your **porridge**. Mix **1 tbsp almond butter** with enough poached pear liquid to give it a drizzling consistency, then spoon over the porridge and top with the pears. Scatter with **toasted flaked almonds**.

PER SERVING 208 kcals • fat 11g • saturates 1g • carbs 19g • sugars 19g • fibre 3g • protein 5g • salt none

family

Healthy lunchboxes for 2025

Forget soggy sandwiches – start the new year with fun, nutritious ideas that kids (and grown-ups!) will love

Recipes CASSIE BEST & HELENA BUSIAKIEWICZ *photographs* TOM REGESTER

Spicy tuna wrap

Spring onions, gherkins and capers all go well in this, if you want to use up what's in the fridge.

SERVES 2 **PREP** 10 mins
NO COOK EASY

145g can tuna, drained
70g mayo
½ red onion, finely chopped
30g jalapeños, finely chopped, plus 2 tbsp of the brine
10g dill, finely chopped
90g cucumber, cut into small cubes
1 tsp Tabasco or hot sauce
2 large tortilla wraps
1 Little Gem lettuce, finely shredded

1 For the filling, put the tuna, mayo, red onion, jalapeños (along with the brine), dill, cucumber and Tabasco in a large bowl. Season and mix well. *Will keep chilled for three days.*

2 Layer half of the filling into each wrap and top with the lettuce. Wrap with baking parchment and pack into a lunchbox. Keep in the fridge or in a cool bag until ready to eat.

GOOD TO KNOW folate • 2 of 5-a-day
PER SERVING 452 kcals • fat 29g • saturates 3g • carbs 26g • sugars 6g • fibre 5g • protein 19g • salt 1.7g

Serve with...
Popped chips, sliced tomatoes and mini chocolate chip muffins.

Storecupboard saucy pasta & chickpeas

When it's packed lunch day and there's nothing in the fridge, this simple storecupboard pasta has saved the day so many times. It's such a versatile recipe – you can add any veg or fresh herbs you've got, use any pasta shape and switch up the cheese too.

SERVES 2 **PREP** 10 mins
COOK 12 mins **EASY** **V**

- 100g small pasta shape, such as orzo or macaroni
- 1 tbsp olive oil or butter
- 2 small garlic cloves, crushed
- around 200g of any vegetables, such as cherry tomatoes, peppers, peas, broccoli or courgettes, chopped into small pieces
- 2 tbsp sundried tomato paste or tomato purée mixed with a pinch of sugar
- 400g can cooked chickpeas, drained
- ½ tsp dried oregano
- 50g parmesan or strong cheddar, grated

1 Boil the kettle and cook the pasta following pack instructions.

2 Meanwhile, heat a frying pan on a medium heat, add the oil or butter, then stir in the garlic and veg. Fry for a couple of minutes until just softened, then add the sundried tomato paste or tomato purée, chickpeas, oregano and a ladleful of the pasta cooking water. Season well and cook for another 1-2 mins.

3 When the pasta is just cooked, drain and reserve a cup of the water. Add the pasta to the veg, then stir in the cheese. Stir well, adding another splash of cooking water if the mixture is too dry. Transfer the pasta to a Thermos or lunchbox, with extra cheese if you like. *Will keep chilled for up to three days.*

GOOD TO KNOW calcium • fibre • vit c • 3 of 5-a-day
PER SERVING 525 kcals • fat 18g • saturates 6g • carbs 58g • sugars 6g • fibre 13g • protein 27g • salt 0.4g

Perfect served with...
Chopped melon, mozzarella pearls, olives and breadsticks.

Chicken onigiri

Onigiri are Japanese rice balls that come with a variety of fillings. You can buy an onigiri mould online to make this recipe even easier.

MAKES 6 **PREP** 45 mins
COOK 15 mins plus soaking **EASY**

250g sushi rice
2 tbsp sushi vinegar
nori sheets, to serve
For the filling
180g cooked chicken breast, chopped into small chunks
1 spring onion, finely sliced
10g coriander, finely chopped
100g mayo
1 heaped tbsp crispy chilli oil
5g ginger, finely grated (optional)

1 Prepare the sushi rice. Wash the rice very well until the water runs clear, then leave to soak in fresh water for 15 mins. Drain, then put in a medium saucepan, cover with 350ml water and a generous pinch of salt, bring to the boil, then put the lid on and reduce to a low heat. Cook for 10 mins. Turn off the heat but leave the lid on the rice, and leave to stand for 15 mins.
2 Once the rice is cooked, stir in the sushi vinegar. Spread the rice over a plate lined with baking parchment to cool completely. Make the filling in the meantime. Mix all the ingredients together in a large bowl and season lightly with salt and pepper. Keep in the fridge until you're ready to make the onigiri.
3 Use an onigiri mould if you have one. Using wet hands, smooth 3-4 tbsp rice into the larger triangle, then top with 2-3 heaped tbsp of the filling, then cover with more rice and use the smaller triangle to shape the onigiri. If you don't have an onigiri press, form the rice balls with wet hands, using baking parchment to help shape them. *Will keep for a day in the fridge.*
4 Wrap a nori sheet around each onigiri, then chill until ready to eat or pack in a lunchbox and cool bag.

PER SERVING 303 kcals • fat 16g • saturates 2g • carbs 29g • sugars 3g • fibre 1g • protein 11g • salt 0.7g

Served with...
Miso soup, sliced cucumber, spicy rice cakes and satsumas.

Shake-it-up chopped salad

Shake-up salads are very popular – layer the ingredients in a large container with the more tender wilt-prone leaves on top, away from the dressing on the bottom, then shake it at lunchtime. You'll need a large container to shake the salad in, so this recipe is better for teens and adults.

SERVES 2 **PREP** 15 mins
NO COOK EASY

For the dressing
2 tbsp yogurt
2 tbsp mayo
2 tbsp extra virgin olive oil
2 tsp Dijon mustard
1 small garlic clove
1 tsp honey
1 lemon, zested and juiced
½ tsp dried oregano
For the salad
8 slices salami, sliced
150g provolone cheese, cut into cubes or mozarella pearls
50g black olives, sliced
10cm chunk cucumber, quartered lengthways then cut into little triangles
100g cherry tomatoes, halved or quartered
½ red onion, chopped
½ pepper, any colour, chopped into small pieces
2 Little Gem or 1 Romaine lettuce, chopped
50g croutons, shop-bought or homemade

1 Take two large leak-proof containers, and mix half the ingredients for the dressing in each one. Layer the salad ingredients on top, starting with the salami followed by the cheese, olives, cucumber, tomatoes, onion, pepper, lettuce and croutons, in that order, so that the more tender veg doesn't soften in the dressing. Pack into a cool bag with an ice pack.
2 Just before eating, shake the salad well until everything is coated in the creamy dressing.

GOOD TO KNOW calcium • folate • fibre • vit c • 4 of 5-a-day
PER SERVING 795 kcals • fat 60g • saturates 19g • carbs 30g • sugars 17g • fibre 8g • protein 30g • salt 3.4g

Serve with...
Sliced peaches, berries, yogurt and oat cookies.

Shoot director FREDDIE STEWART | Food stylist CHARLOTTE WHATTCOTT | Stylist LYDIA MACPHERSON

Smoky fish dip & bagel chips

Turning oily fish into a scoopable dip is a great way to encourage kids to eat more of it. Oily fish, such as mackerel, is packed with healthy omega-3 fatty acids which are good for the brain.

SERVES 2-4 **PREP** 10 mins
COOK 10 mins **EASY**

For the smoky fish dip
2 smoked mackerel fillets
½ lemon, zested and juiced
100g Greek or natural yogurt
small handful of dill, finely chopped
½ tsp smoked paprika
For the bagel chips
2 bagels (we used poppy seed bagels)
2 tbsp olive oil
1 tsp smoked paprika

1 Remove the skin from the fish fillets and flake into a bowl, removing any pin bones you find along the centre. Lightly mash with a fork, then stir in the lemon zest and juice, yogurt, dill and paprika. The fish will be quite salty so it shouldn't need any more seasoning. *Will keep chilled for up to three days.*
2 Thinly slice the bagels into small discs. Tip them into a bowl, drizzle with oil and sprinkle with paprika. Arrange in a single layer on a baking tray and cook in the oven or your air-fryer at 180C/160C fan/gas 4 for 10 mins, turning halfway. *Once cooled, the bagel chips will keep in an airtight container for up to a week.* Pack in a lunchbox and cool bag.

GOOD TO KNOW omega-3
PER SERVING (4) 357 kcals • fat 21g • saturates 5g • carbs 25g • sugars 3g • fibre 2g • protein 16g • salt 1.4g

Perfect served with...
Celery and cucumber batons, cubes of cheese, grapes and a smoothie.

healthy diet plan

kick-start your year

Dr Chintal Patel shares wholesome and delicious dinners to keep you feeling good across seven days and all of 2025

photographs CHRIS TERRY

Welcome to a brand-new iteration of our bi-annual Healthy Diet Plan to help you start 2025 the right way. As always, our nutrition and cookery experts have devised a week-long plan of quick and simple recipes using fresh, everyday ingredients. But this time we're also proud to have the expert guidance of NHS GP and award-winning recipe creator, Dr Chintal Patel.

Dr Chintal has created seven-days' worth of bright and colourful evening meals to help you reach 30 plant points a week. The rest of the plan has been developed by our cookery team and curated by our expert nutritionist Kerry Torrens to ensure your meals are perfectly balanced each day, all week long. And it's not just for January – you can use the plan at any time of year.

You can use the table opposite as a day-by-day guide to meet your goals, whether that's simply to ensure a more balanced and nourishing diet, or to support steady weight loss while still meeting all your body's nutritional needs – and all without sacrificing flavour. The plan is calculated to a modest calorie shortfall that will support steady weight loss.

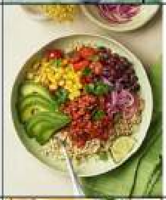
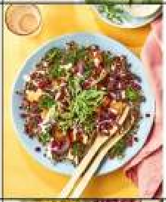
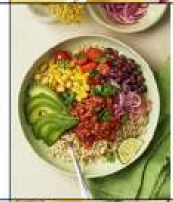
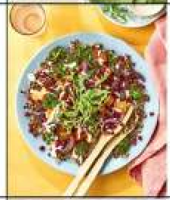
The plan serves two and is approved by our nutritionist to ensure you're supported each day to feel good, and we've also thought about ways you can spend less time shopping and cooking in the kitchen.

Chintal is a long-serving GP for the NHS as well as a food content creator, cookbook author and our newest regular contributor. She has a passion for nutrition and lifestyle medicine and aims to help people approach cooking and eating in a way that supports overall well-being. *@drchintalskitchen*

> “This perfectly balanced plan will help you hit all your goals for the week. I've written seven new evening meals that you can whip up in in no time at all and don't compromise on taste. Combined with balanced breakfast and lunch options from the Good Food team, you'll enjoy quick, easy and nutritious meals packed with flavour. The plan has been written for two people but simply double-up for a family of four”

Dr Chintal

your 7-day meal plan

	BREAKFAST	LUNCH	DINNER
SUNDAY	 Sweetcorn fritters with eggs & black bean salsa, p109	 Lentil bolognese soup, p112	 Green garlic chutney roast chicken with cumin-spiced vegetables, p115
MONDAY	 Sweetcorn fritters with eggs & black bean salsa, p109	 Lentil bolognese soup, p112	 Super-green curry with quinoa rice, p116
TUESDAY	 Raspberry kefir overnight oats, p110	 Spicy beef taco bowl, p113	 One-pan smoky veggie lentil lasagne, p116
WEDNESDAY	 Raspberry kefir overnight oats, p110	 Vegan roast spiced squash salad with tahini dressing, p112	 Harissa chicken with bulgar wheat, p118
THURSDAY	 Clementine & vanilla porridge with citrus salsa, p108	 Spicy beef taco bowl, p113	 Creamy Cajun prawn orzo, p119
FRIDAY	 Clementine & vanilla porridge with citrus salsa, p108	 Vegan roast spiced squash salad with tahini dressing, p112	 Miso salmon & veg traybake, p115
SATURDAY	 Cinnamon crêpes with nut butter, sliced banana & raspberries, p110	 Winter salad, p111	 One-pan coconut fish curry pie, p116

breakfast

Clementine & vanilla porridge with citrus salsa

Oats are well known for helping to reduce cholesterol, and they're also a good source of carbs and protein for post-exercise muscle recovery.

SERVES 4 **PREP** 10 mins plus overnight soaking **COOK** 5 mins
EASY **V**

- 4 clementines
- 2 tsp vanilla extract
- 140g porridge oats
- 1 grapefruit, peeled, deseeded and chopped (pare the zest and freeze for another recipe)
- small handful of mint leaves
- 2 tbsp sunflower seeds
- 6 walnut halves, broken
- 480g bio yogurt

1 Peel the clementines, then finely chop 1 tbsp of the peel. Put the peel in a large bowl with the vanilla, oats and 800ml water. Cover and set aside to soak overnight.

2 Chop the clementines, tip into a bowl and mix with the grapefruit and mint to make the salsa. Cover then keep chilled overnight.

3 The next morning, tip the oat mix into a pan and cook until bubbling and thick. Divide equally between bowls along with the salsa, seeds and nuts. *If just two of you are following the plan, tip half into a container and put in the fridge for the next day. Will keep chilled for two days.* Serve with yogurt on the side or pour into the bowls.

GOOD TO KNOW healthy • low fat • calcium • folate • vit c • 1 of 5-a-day

PER SERVING 335 kcals • fat 10g • saturates 3g • carbs 44g • sugars 19g • fibre 5g • protein 13g • salt 0.2g

Sweetcorn fritters with eggs & black bean salsa

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** **V**

1 tsp rapeseed oil
1 small red onion, finely chopped
1 red pepper, deseeded and finely diced
100g wholemeal self-raising flour
1 tsp smoked paprika
1 tsp ground coriander
1 tsp baking powder
325g can sweetcorn, drained
6 eggs

For the salsa
1 small red onion, finely chopped
4 tomatoes (320g), chopped
2 x 400g can black beans, drained
1 lime, zested and juiced
15g coriander leaves, chopped

1 Heat the oven to 200C/180C fan/gas 6 and line a large baking tray with baking parchment. Heat the oil in a small pan and fry the onion and pepper for 5 mins until softened. Meanwhile, mix the flour, spices and baking powder in a bowl. Add the cooked onions and pepper, the sweetcorn and 2 of the eggs, then mix well.
2 Spoon eight mounds of the mixture onto the baking tray, well spaced apart, then flatten slightly with the back of the spoon. Bake for 20 mins until set and golden. *If just two of you are following the plan, leave half of the fritters to cool, then put in the fridge for the next day. Will keep chilled for up to two days. Reheat in a pan or the microwave.*
3 Mix the salsa ingredients in a bowl. *Will keep chilled overnight – save half to serve with the remaining fritters.* Just before serving, poach the remaining eggs to serve alongside. Serve two fritters per person with some salsa on top and one poached egg each. Grind over some black pepper, if you like.

GOOD TO KNOW healthy • low fat • folate • fibre • 4 of 5-a-day
PER SERVING 437 kcals • fat 12g • saturates 3g • carbs 46g • sugars 12g • fibre 16g • protein 27g • salt 0.9g

Raspberry kefir overnight oats

Wake up to this gut-friendly, probiotic-rich breakfast pot. Prep in just 10 minutes the night before, and top with a layer of berries, dark chocolate and seeds, stirring it in as you eat it.

SERVES 2 **PREP** 10 mins plus overnight chilling **NO COOK**
EASY V

85g jumbo oats
1 tbsp shelled hemp seeds, plus 2 tsp to serve
1 tbsp chia seeds
240g kefir yogurt
240ml semi-skimmed milk
125g pack raspberries (fresh or frozen depending on the season) lightly crushed
2 tsp pumpkin seeds, chopped
8g 70% cocoa chocolate, finely chopped

1 Tip the oats, 1 tbsp of the hemp seeds and the chia seeds into a bowl, then mix well. Stir in the kefir yogurt and milk. Cover and chill overnight. The mixture will thicken overnight as it soaks. *Will keep chilled for up to three days.*
2 The next morning, spoon into two glass tumblers and top with the raspberries, remaining hemp seeds, the pumpkin seeds and chopped chocolate.

GOOD TO KNOW healthy • calcium • vit c • fibre
PER SERVING 442 kcals • fat 17g • saturates 5g • carbs 48g • sugars 16g • fibre 9g • protein 20g • salt 0.3g

Cinnamon crêpes with nut butter, sliced banana & raspberries

SERVES 2 **PREP** 5 mins
COOK 10 mins **EASY V**

75g brown bread flour
1 tsp ground cinnamon
1 medium egg
225ml semi-skimmed milk
1 tsp rapeseed oil, for frying
2 tbsp almond nut butter
1 banana, sliced
140g raspberries (fresh or frozen depending on the season)
lemon wedges, to serve

1 Tip the flour into a large mixing bowl with the cinnamon. Add the egg and milk, and whisk vigorously to a smooth pouring consistency.
2 Put a non-stick frying pan over a medium heat and add a little of the oil. When the oil starts to heat, carefully wipe most of it away with kitchen paper. Pour a small amount of the batter into the centre of the pan and swirl it to make a thin pancake. Leave to cook, untouched, for about 2 mins. When browned underneath, carefully turn it over or flip and cook for another 1 min.
3 Transfer to a warm plate and cover with foil to keep warm. Repeat with the remaining batter. Divide the warm pancakes between two plates and serve with the nut butter, banana, raspberries and lemon wedges for squeezing over.

GOOD TO KNOW healthy • vit c • 1 of 5-a-day
PER SERVING 376 kcals • fat 16g • saturates 3g • carbs 46g • sugars 17g • fibre 5g • protein 14g • salt 0.3g

lunch

Winter salad

Make the most of cauliflower in this wonderful seasonal salad with a boost of protein from walnuts and beans.

SERVES 2 **PREP** 15 mins
COOK 30 mins **EASY** **V**

- 320g cauliflower, broken into florets
- 1 red pepper, sliced
- 1 tbsp rapeseed oil
- 1 red onion, thinly sliced
- 1 lemon, zested and juiced
- 15g raisins
- 35g walnuts, roughly chopped or broken into chunks
- 1 red chilli, deseeded and chopped
- 15g dill, chopped

For the hummus

- 400g can butter beans
- 1 small garlic clove, sliced
- ½ tsp smoked paprika
- ½ tbsp rapeseed oil

1 Heat the oven to 200C/180C fan/ gas 6. Tip the cauliflower and red pepper onto a baking tray, rub with 1/2 tbsp oil and roast for 30 mins.

2 Put the onion and all but 1 tbsp of the lemon juice in a bowl. Add the raisins, walnuts and chilli. Set aside.

3 For the hummus, drain the beans, reserving the liquid from the can. Tip the beans into a food processor along with the garlic, paprika, oil and reserved lemon juice. Add 2 tbsp of the reserved bean liquid, and blitz until smooth.

4 Spread the hummus over two plates. Toss the roasted veg with the pickled onions, remaining oil, half the lemon zest and dill. Spoon this over the hummus and scatter with the remaining lemon zest.

GOOD TO KNOW vegan • healthy • folate • fibre • vit c • iron • 4 of 5-a-day

PER SERVING 443 kcals • fat 23g • saturates 2g • carbs 37g • sugars 19g • fibre 16g • protein 17g • salt 0.06g

Vegan roast spiced squash salad with tahini dressing

Nutrient-rich and flavour-packed, this salad is as good chilled the next day as it is fresh from the oven.

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY V**

320g diced butternut squash
3 red onions (320g), cut into wedges
2 tbsp rapeseed oil
2 tsp smoked paprika
1 tsp cumin seeds
2 tbsp chopped thyme
125g quinoa
45g kale
2 tbsp pumpkin seeds
2 tbsp tahini
2 tbsp apple cider vinegar
1 garlic clove, finely grated
2 x 400g cans lentils or borlotti beans, very well drained
50g pomegranate seeds
4 generous handfuls of rocket

1 Heat the oven to 200C/180C fan/gas 6. Tip the diced squash and onion wedges onto a large baking sheet and toss with 1 tsp of the oil. Spread out and sprinkle with the smoked paprika, cumin seeds and thyme, then roast for 30 mins.

2 Meanwhile, cook the quinoa following pack instructions, then drain well (or the base of the salad will be too wet).

3 Add the kale to the tray of veg, sprinkle over the seeds and return to the oven for 10 mins.

4 For the dressing, mix the tahini and remaining oil with the vinegar, garlic and 2 tbsp water.

5 Put the quinoa in a bowl and toss with the lentils or beans. *If just two of you are following the plan, keep half chilled. Will keep chilled for up to three days.* Serve with the roasted veg on top, then drizzle with the dressing, scatter over the pomegranate seeds and top with the rocket.

GOOD TO KNOW vegan • healthy • low cal • calcium • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 436 kcals • fat 17g • saturates 2g • carbs 43g • sugars 10g • fibre 18g • protein 19g • salt 0.4g

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Lentil bolognese soup

Our vegetarian bolognese-style soup delivers nearly eight plant points and plenty of fibre.

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY V**

2 tbsp rapeseed oil
3 onions, finely chopped
3 large carrots, finely diced
3 celery sticks, finely diced
4 garlic cloves, finely chopped
500g carton passata
1 tbsp vegetable bouillon powder
125g red lentils
1 tsp smoked paprika
4 thyme sprigs
125g wholemeal penne
50g finely grated vegetarian Italian-style hard cheese

1 Heat the oil in a large non-stick pan and fry the onions for a few minutes until starting to colour. Add the carrots, celery and garlic and fry for 5 mins, stirring frequently, until the vegetables start to soften.

2 Pour in the passata, bouillon powder and the lentils with 2 litres boiling water from the kettle. Add the smoked paprika, thyme leaves and plenty of black pepper, then bring to the boil, cover the pan and simmer for 20 mins.

3 Tip in the penne and cook for 12-15 mins until the pasta and lentils are tender, adding a little more water if necessary. Serve sprinkled with the cheese and a crack of black pepper. *If only two of you are following the plan, ladle half the soup into bowls or wide-necked flask. Leave to cool, remove the thyme sprigs and store in the fridge. Will keep chilled for up to a week. Reheat in a pan, adding a little extra water if the soup has thickened.*

GOOD TO KNOW healthy • low fat • low cal • fibre • 4 of 5-a-day
PER SERVING 424 kcals • fat 11g • saturates 3g • carbs 56g • sugars 18g • fibre 12g • protein 19g • salt 0.5g

Spicy beef taco bowl

Get all your five-a-day and almost double the plant points in this flavourful, Mexican-inspired dish, which can be partly prepped ahead.

SERVES 4 **PREP** 15 mins
COOK 25 mins **EASY** ❄ beef only

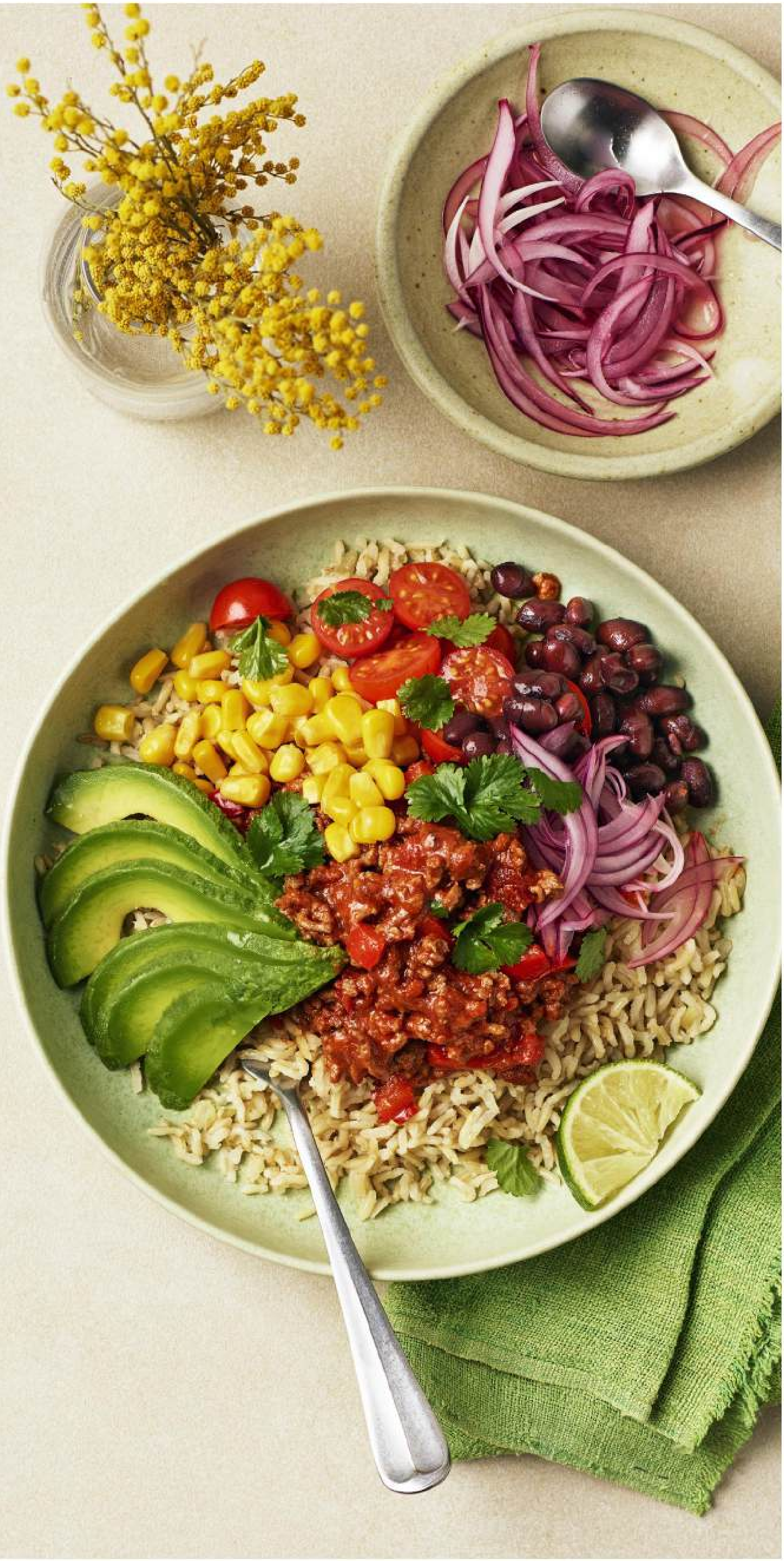
- 1 tsp olive oil
- 1 large red pepper, deseeded and finely diced
- 500g 5%-fat beef mince
- 1 tbsp chipotle paste
- 1 tsp ground cumin
- 1 tsp ground coriander
- 200g can chopped tomatoes
- 2 tbsp tomato purée
- 20g coriander, stalks chopped, leaves reserved

To serve

- 2 red onions, thinly sliced
- 2 limes, juiced
- 2 x 250g packs cooked wholemeal basmati rice
- 400g can black beans, drained
- 200g cherry tomatoes, halved
- 198g can sweetcorn (salt- and sugar-free)
- 2 small avocados, sliced

1 Heat the oil in a non-stick pan and fry the pepper for 5 mins until starting to soften. Add the beef, chipotle paste and spices, and cook, stirring, to break down the meat for a few minutes. Stir in the tomatoes, tomato purée coriander stalks, 150ml water and some seasoning, then cover. Leave to simmer for 20 mins to cook through and reduce a little. *If just two of you are following the plan, keep half in the fridge. Will keep chilled for up to three days, or frozen for up to three months. Defrost thoroughly and reheat until piping hot.*
2 Toss the onions in the lime juice in a bowl and set aside to pickle.
3 When the mince is ready, warm the rice following pack instructions.
4 Divide the cooked rice between serving bowls, then the beef and top each with a quarter of the black beans, cherry tomatoes and sweetcorn, half an avocado (fanning out the slices, if you like), and the coriander leaves. Spoon the pickled onions on top and squeeze over any remaining lime juice.

GOOD TO KNOW healthy • vit c • fibre • 5 of 5-a-day
PER SERVING 601 kcals • fat 21g • saturates 6g • carbs 56g • sugars 14g • fibre 16g • protein 38g • salt 0.4g



dinner

Miso salmon & veg traybake

Throwing all the ingredients onto a tray and letting the oven do the work allows me time to tackle that never-ending to-do list. The miso marinade is super-versatile, too. It goes well with any flaky white fish or boneless chicken thighs. I like to double it up for drizzling over veg.

SERVES 2 **PREP** 10 mins
COOK 35 mins **EASY**

2 x 140g salmon or trout fillets
350g sweet potatoes
1 tbsp olive oil
160g long-stem broccoli
1 pak choi, halved
1 tbsp sesame seeds
1 red chilli, sliced, to serve
For the miso marinade
1 tsp white miso paste
1 tsp soy sauce
1 tbsp mirin
1 tsp grated ginger
½ tsp brown sugar

1 Heat the oven to 200C/180C fan/ gas 6. Combine all the marinade ingredients with 2 tbsp water in a large bowl. Pour half of the marinade into a smaller bowl, then add the salmon to the large bowl. Turn to coat thoroughly. Set aside.
2 Halve the sweet potatoes and slice thinly (about 0.5 cm thick). Put on a baking tray, drizzle with the olive oil, and toss to coat. Spread them out in an even layer and bake for 15-20 mins until almost tender.
3 Remove from the oven and add the salmon, broccoli and pak choi. Sprinkle with the sesame seeds. Drizzle with any marinade left in the large bowl and return to the oven for 12 mins.
4 Serve immediately, drizzling the salmon with the reserved miso marinade in the smaller bowl. Top with sliced chilli or spring onions.

GOOD TO KNOW healthy • folate • fibre • vit c • omega-3 • 3 of 5-a-day
PER SERVING 610 kcals • fat 29g • saturates 5g • carbs 39g • sugars 14g • fibre 9g • protein 42g • salt 1g

Green garlic chutney roast chicken with cumin-spiced vegetables

Served with cumin-spiced vegetables this is the perfect roast dinner to shake up up your Sunday lunch. Scrub the veg well but there is no need to peel them. Leaving the skin on adds nutrients and fibre. Using baby potatoes means you don't have to par-boil them, but if using other potatoes, slice thinly or par-boil first. If you are feeling adventurous, double the chutney ingredients and try marinating a whole roast chicken for a beautiful centrepiece dish.

SERVES 2 **PREP** 15 mins plus at least 1 hr marinating **COOK** 45 mins **EASY**

250g chicken breast mini fillets
350g baby potatoes, halved lengthways or thickly sliced if using larger potatoes (approx 1cm)
200g carrots, no need to peel, cut into 1cm slices
¼ small red cabbage (approx. 200g), cut into 2 wedges
1 tsp cumin seeds
1 tbsp olive oil
For the green chutney marinade
100g coriander
3 garlic cloves
2 tbsp lemon juice
¼ apple
1-2 green chillies
2 tbsp olive oil

1 Tip all the marinade ingredients along with ¼ tsp salt into a blender and blitz to a smooth paste, adding a splash of water if needed. Reserve half of the marinade in a bowl.
2 Place the chicken in a large bowl with the other half of the marinade and mix well. Chill for at least 1 hr. *Will keep chilled for a day.*
3 Heat the oven to 200C/180C fan/ gas 6. Put the potatoes, carrots and cabbage on a large baking tray, sprinkle with the cumin seeds and drizzle with the olive oil. Mix well to coat. It is important the vegetables are laid flat in one layer to ensure even cooking. Roast for 20 mins.
4 Nestle the marinated chicken fillets between the vegetables and put back in the oven for 20-25 mins until the chicken is cooked – the juices should run clear when pierced with a sharp knife.
5 To serve, drizzle the remaining green chutney over the chicken and vegetables. Serve straightaway.

GOOD TO KNOW healthy • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 519 kcals • fat 21g • saturates 3g • carbs 40g • sugars 14g • fibre 12g • protein 35g • salt 0.94g

One-pan coconut fish curry pie

This is a delicious and comforting fusion pie, combining a spiced coconut fish curry with a light, crispy layer of filo pastry. I've used haddock but any firm fish works.

SERVES 2 **PREP** 20 mins
COOK 45 mins **EASY**

250g sweet potatoes, cut into cubes
2 tsp olive oil
¼ tsp mustard seeds
1 tsp garlic paste
10 fresh or dried curry leaves
100g cherry tomatoes
150ml low-fat coconut milk
½ tsp turmeric
handful of coriander, chopped
280g haddock, cut into small chunks
160g frozen petit pois
60g filo pastry

1 Heat the oven to 200C/180C fan/gas 6. Cook the sweet potatoes in boiling water for 7-10 mins. Drain and set aside.
2 Heat 1 tsp oil in a 20cm ovenproof pan over medium heat. Add the mustard seeds and as they start to pop, add the garlic and curry leaves. Stir for 1 min to prevent burning.
3 Stir in the tomatoes, coconut milk, turmeric, coriander and a pinch of salt. Bring to a simmer. Cover and cook on a medium heat for 5-7 mins until the tomatoes are soft. Uncover and stir in the petit pois and sweet potatoes. Nestle in the fish.
4 Roughly scrunch the filo sheets and use them to cover the curry.
5 Brush the filo with the remaining 1 tsp oil. (You can add a pinch of turmeric to the oil before brushing for added colour). Bake for 20 mins or until the pastry turns crisp and golden. Serve immediately.

GOOD TO KNOW low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 460 kcals • fat 11g • saturates 6g • carbs 51g • sugars 17g • fibre 10g • protein 33g • salt 0.6g

Super-green curry with quinoa rice

I've used chickpeas in this, but the curry base is adaptable; just add your choice of protein. A squeeze of lemon adds vitamin C to aid iron absorption and mixing quinoa with rice increases your intake of high-fibre wholegrains and protein.

SERVES 2 **PREP** 20 mins
COOK 30 mins **EASY** **V**

75g quinoa
75g rice
1 tsp oil
½ red onion, chopped
½ tsp cumin seeds
50g kale
150g baby spinach leaves
½ tsp turmeric
400g can chickpeas, drained
squeeze of lemon juice, to serve
For the tadka
1-2 tsp olive oil
5 garlic cloves, thinly sliced
1 red chilli, thinly sliced

1 In a large microwave-safe bowl, combine the quinoa and rice. Wash and rinse three times. Add 320ml boiling water, cover and microwave on high for 10 mins. Leave to rest for 5 mins, then fluff with a fork.
2 While the rice cooks, heat the oil in a large pan over medium heat. Fry the onion for 5-7 mins until soft and lightly browned. Add the cumin and stir for 1 min to prevent burning.
3 Add the kale, spinach, turmeric, and a pinch of salt. Pour in 250ml boiling water. Cover and cook for 10-15 mins, stirring halfway.
4 Transfer to a blender, leave to cool for a few minutes, then blend until smooth. Return the mixture to the pan and stir in the chickpeas. Cook on low for 5 mins to heat through.
5 Heat the oil for the tadka in a pan over medium heat. Fry the garlic and chilies for 2-3 mins. Quickly pour over the curry. Serve with rice.

GOOD TO KNOW vegan • healthy • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 507 kcals • fat 13g • saturates 2g • carbs 71g • sugars 4g • fibre 13g • protein 20g • salt 0.12g

Harissa chicken with bulgur wheat

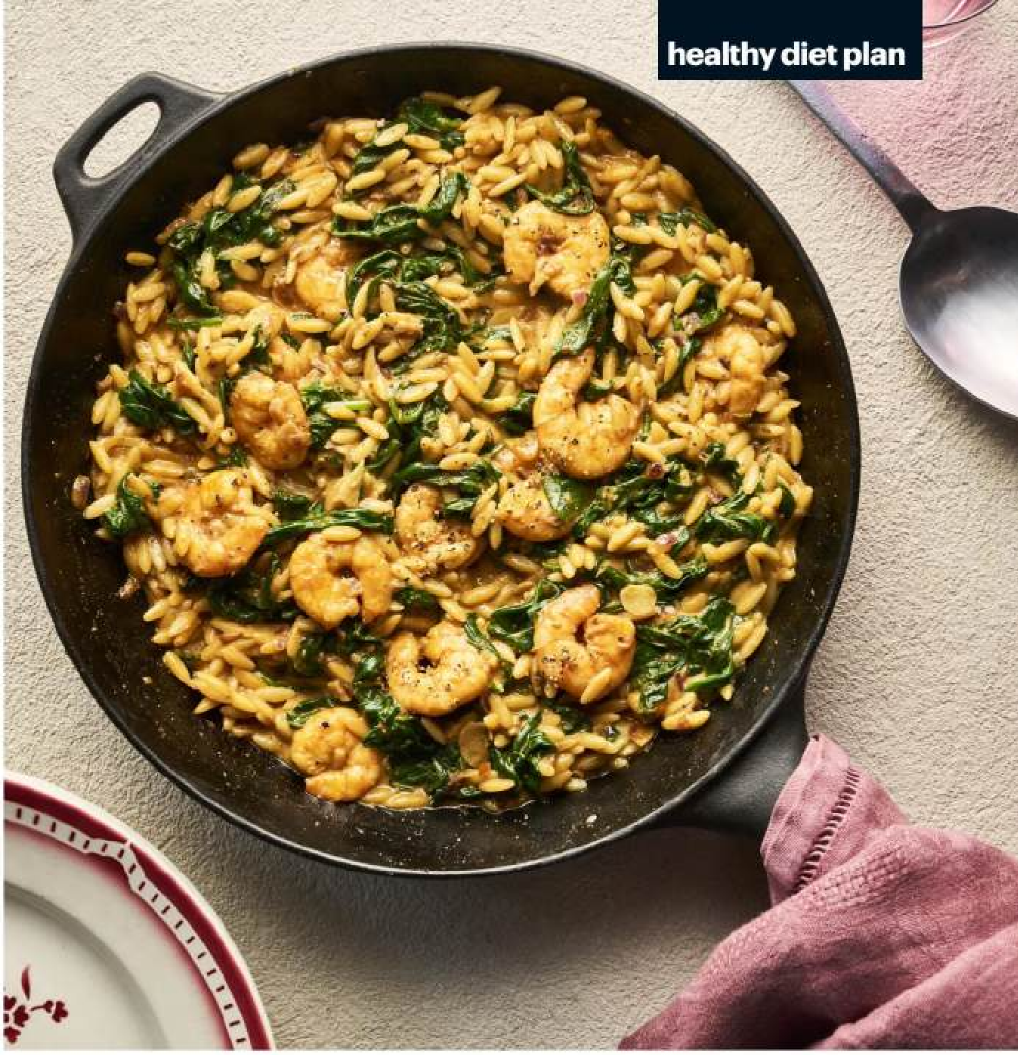
Bulgur is easy to cook and a great alternative to refined grains. It's high in fibre and nutrient-rich, so good for your gut, digestion and heart health. Serve it with stews, or use it in salads or as a nutritious alternative to rice. This recipe is a favourite with my kids!

SERVES 2 **PREP** 15 mins
COOK 20 mins **EASY**

1 tbsp olive oil
2 garlic cloves, thinly sliced
250g mini chicken breast fillets
1-2 tbsp rose harissa paste, to taste
2 tbsp tomato purée
1 red pepper, finely chopped
150g bulgur wheat, rinsed and drained
160g green beans, roughly chopped
½ lemon, juiced
small handful of coriander, chopped, or leaves left whole
80g pomegranate seeds

1 Heat the oil in a pan over a medium heat. Fry the garlic for 2-3 mins until golden, being careful not to burn it. Add the chicken and brown it for a few minutes. Stir in the harissa and tomato purée.
2 Add the chopped pepper and cook, stirring well, for a few minutes.
3 Stir in the drained bulgur wheat, a pinch of salt and 300ml boiling water. Bring to a simmer, put the lid on the pan and cook for 5 mins.
4 Lift the lid and lay the green beans on top, cover again, and cook for 5 mins. Remove from the heat and leave covered for another 5 mins.
5 Uncover, squeeze over the lemon juice and mix well. Garnish with the coriander and pomegranate seeds.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 500 kcals • fat 13g • saturates 1g • carbs 50g • sugars 15g • fibre 11g • protein 40g • salt 0.44g



One-pan smoky veggie lentil lasagne

Make this comforting no-bake lasagne and you'll pack in lots of nutritious veggies, building up to 30 plant points for the week. The courgettes and mushrooms can be swapped out for other seasonal veg – leeks and aubergines work well.

SERVES 2 **PREP** 20 mins
COOK 30 mins **EASY** **V**

1 tbsp olive oil
½ red onion, finely chopped
2 garlic cloves, crushed
160g courgettes, finely chopped
160g chestnut mushrooms, finely chopped
60g dried red lentils, rinsed and drained
200g can finely chopped tomatoes
1 tsp tomato purée
1 tsp sweet smoked paprika
4 lasagne sheets, roughly broken up
1 tbsp half-fat crème fraiche (optional)
40g mature cheddar, grated
green salad, to serve

1 Heat the oil in a 20cm frying pan with a tight-fitting lid over a medium heat. Add the onion and cook for around 6 mins until soft and lightly browned. Tip in the garlic and stir for 1 min to stop it burning.
2 Add the courgettes and mushrooms and cook for 3-5 mins until soft. Stir frequently to prevent sticking.
3 Stir in the lentils, tomatoes, tomato purée, 250ml water, paprika, a pinch of salt and the lasagne sheets. Mix well to ensure the pasta is fully submerged. Put the lid on and cook for 15-20 mins until the lentils and pasta are cooked through.
4 Simmer uncovered for 5 mins to reduce. Stir in the crème fraiche if using, then sprinkle the cheese over.
5 Put the pan under a hot grill until the cheese is melted and golden. Serve with a green salad.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 423 kcals • fat 14g • saturates 5g • carbs 48g • sugars 9g • fibre 8g • protein 22g • salt 0.42g

Creamy Cajun prawn orzo

I love to use orzo to make quick creamy pasta after a busy day at work, but you can use this sauce with any kind of pasta. I like to make my own Cajun spice mix as ready-made mixes often contain added salt, but if you don't think you'll use up all the individual spices, then take the ready-made option – just check the label to ensure it's not too salty.

SERVES 2 **PREP** 20 mins
COOK 20 mins **EASY**

150g orzo
1 tbsp oil
1 onion, chopped
2 garlic cloves, thinly sliced
2 tbsp tomato purée
150g raw peeled king prawns
2 tbsp half-fat crème fraîche
200g baby spinach
For the Cajun spice mix
1 tsp smoked paprika
½ tsp ground cumin
½ tsp ground coriander
½ tsp dried oregano or thyme
½ tsp black pepper
½ tsp garlic granules
pinch of turmeric

1 Boil the orzo following pack instructions. Drain, reserving a cup of the cooking water. For the Cajun spice, mix the ingredients in a small bowl and set aside.
2 Heat the oil in a large, ovenproof pan over medium heat. Fry the onions until soft and lightly browned. Add the garlic and fry for 1 min, stirring so it doesn't burn.
3 Add the tomato purée, prawns and Cajun spice and fry for 1 min.
4 Stir in the baby spinach, some salt and pepper, and cook until the spinach wilts and the prawns turn opaque. Stir in a splash of the reserved pasta cooking water, if needed, to loosen the sauce.
5 Stir in the cooked orzo and crème fraîche, adding more pasta water as needed to adjust the consistency. Serve straightaway.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 484 kcals • fat 13g • saturates 4g • carbs 65g • sugars 8g • fibre 8g • protein 23g • salt 0.99g

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NEW!

2025's top foodie destinations

Kick off this year's holiday planning with ideas and inspiration for sustainably minded travel

words LULU GRIMES

Travel 'trends' are not very sustainable, they often encourage everyone to visit the same place at the same time, which isn't good for the traveller or the destination. If you're not pinned to school holidays then consider 'shoulder season' travel, when there'll be fewer crowds and the weather won't be so very hot, or cold. Flying does, of course, come with a carbon footprint but when you reach a destination you can choose to make your stay as planet-friendly as possible by looking for hotels with sustainable practices such as using green energy, turning off lights and air-con when not in use, using water carefully, employing local people and giving back to their environment. When you are out and about it's hard to avoid single-use plastic in some countries, especially when eating street food – a stall or small restaurant that uses washable plates and cutlery can be a better bet. Local transport can be bikes, electric vehicles or public transport. In all destinations, local people care about their environments and there will be good choices to make.

Ho Chi Minh City

Bánh mì and history

2025 is the 50th anniversary of the fall of Saigon so Ho Chi Minh City will be newsworthy. In truth, it's always a good year for a trip to this food-centred city. You could, if you wanted, live on bánh mì for three meals a day, the modern version was invented here: fried-egg-stuffed baguette for breakfast, roast pork, pâté and the works for lunch, then a Southern Vietnamese version filled with veg and herbs for dinner. At the other end of the super sandwich scale, this city has three Michelin one-star restaurants, and 24 small establishments or street carts awarded a Bib Gourmand, often serving a singular dish well, such as exceptional chicken pho, xôi (steamed sticky rice) and Vietnamese pancakes. Go for the historical significance and eat well as a big bonus.

> "If you're not pinned to school holidays, consider 'shoulder season' travel when there will be fewer crowds"

Istanbul

Regional cuisine and green fine dining

The reinvention of ancient into modern is a trick that Istanbul pulls off well; hotels reside in old palaces, warehouses and factories and new public spaces are breathing life into buildings that may have been shuttered for years. This city was the most visited in the world in 2023 according to Euromonitor International, and new spaces for tourists to visit help with congestion and allow the exploration of different neighbourhoods. Turkish cuisine in all its regional variations has always been championed by venues like Çiya Sofrası in Kadıköy and more recently in elevated form at venues like two-Michelin-starred Turk Fatih Tutak. Chef Maksut Aşkar's Neolokal has a Michelin green star denoting sustainable practices and his kitchen aims for zero waste while using local suppliers and producers. Visit in shoulder season, explore widely and use public transport like the ferry system and trams rather than adding to the city traffic.

Gozo

Island adventures and feasting

With an ambition to be carbon neutral by 2030, Malta's little sister island Gozo has a trump card when it comes more sustainable travel, as it's slightly off the beaten path and as a venue for outdoor pursuits it is, by the very nature of its offer, less spoilt. Salt is still harvested in the old-fashioned way, by hand and Gozitan produce includes olive oil, citrus fruit and wine as well as Ġbejna cheese, craft beer, pizza-like ftira bread and, of course, fish and seafood. Gozo has beaches, walking trails, kayaking and diving on offer, the buses are free to use with a

Photographs ISTOCK EDITORIAL, ISTOCK/GETTY IMAGES PLUS, CARLINA TETARIS/ MOMENT/GETTY

Tallinja card and you can hire electric tuk tuks. Go for a quieter holiday and join the drive for sustainability.

Greenland

Icebergs, midnight sun and seafood

Diverse landscapes of towering mountain peaks and icebergs, unearthly green-blue glaciers and surrounding seas make this, the world's largest island, an extraordinary place to visit for more intrepid travellers. From a climate perspective, Greenland is at the cutting edge of global warming, and flying anywhere isn't carbon neutral, so staying at venues that aim for a sustainable footprint like Ilimanaq Lodge in the UNESCO world heritage park, reached only by sea through Ilulissat Icefiord, or at Glacier Lodge Eqi, both owned by World of Greenland, helps keep your footprint lower while showing you the reality of global warming. Power is solar, water is glacier melt water and food is very local, foraged, caught off the coast or from the land; expect prawns, snow crab, halibut and lamb as well as musk ox and whale (controversial but traditional). The new international airport at Nuuk opened at the end of 2024 with direct flights to Copenhagen and in 2025 will connect with New York. *worldofgreenland.com*

Swiss Alps

On the Bernina Express

From Chur in Switzerland, take the Bernina Express to Tirano in Italy and enjoy the views while you travel through the UNESCO World Heritage site of Rhaetian Railway and traverse the Alps. At the Montebello curve there are views of the Bernina massif, the Morteratsch glacier, lakes Lej Pitschen, Lej Nair and Lago Bianco. Railway architecture fans will appreciate the 65-metre-high Landwasser Viaduct, the 55 tunnels en route and the 196 bridges between Chur and Tirano – best of all is the single-track Brusio Circular Viaduct, built to mitigate the steep gradient. The journey takes four hours, but you can split it across three or more days if you like, stopping in San Moritz and/or Poschiavo. Before you set off from the medieval town of Chur try churer fleischtorte, a pie filled with bread, bacon and mince and grab some Bündner pear bread from bakery Merz for trip snacks – they also have a café so you can eat breakfast or lunch there. The San Moritz Gourmet Festival (at the pricier end of the scale) is in January in high skiing season; as would be expected there are excellent restaurants here, or for a more budget option take the Suvretta-Randolins chairlift to mountain restaurant Trutz and enjoy the view with some rib-sticking food. In Tirano, Italy meets Switzerland in dishes such as pizzoccheri, a buckwheat pasta usually served with cabbage and Bitto cheese or polenta taragna, a buckwheat polenta dressed in butter and cheese.

> 2025 is the Year of Food for Louisiana, and this state has a wealth of dishes and produce to share

New York

Restaurant hopping

Once again topping the British Airways destination chart this year, New York never loses its allure. It will be cold at the start of the year, but New York Restaurant week runs 21 January to 9 February with hundreds of venues offering prix fixe menus – reservations open on 7 January. If you prefer the city in summer, then round two is usually scheduled in July or August. Stay in Brooklyn for a slightly less frenetic vibe and access to the botanic gardens. Rent bikes, walk or use public transport to get from place to place, take the ferry across to Governor's Island which is car-free and look back at the Statue of Liberty and sights of the city. There are hundreds of venues to eat in New York – *eater.com* is a deeply foodie site that lists many of them.

Bradford

Culture capital

Bradford is the UK City of Culture this year. Home to artist David Hockney, magician Dynamo and comedian Ade Edmondson, Bradford will host more than 1,000 new performances by local, national and international creatives, many of which will be free. In the autumn, the Turner Prize will head to Bradford's Cartwright Hall Art Gallery and this spring the new dining hub Darley Street Market opens its doors. Set over three floors, the top will be a food hall, the middle is where you'll find food shops and stalls, and on the ground floor, cafés and other shops. Last year the market square was planted with nearly 400 plants and 450 bulbs to bring greenery into the space. Bradford is famous for curries and holds its own awards each year, and there are numerous breweries including microbreweries like Wishbone in Keighley, where there's also an excellent music and beer festival in October this year.

Stratford, London

Museum treasures

V&A East Storehouse opens this year, bringing more of the nation's treasures to the public, for free. ►

The Storehouse provides a purpose-built home for more than 250,000 objects, 350,000 library books and 1,000 archives from the V&A's collections, and will allow visitors to see behind the scenes of a working museum via more than 100 mini curated displays 'hacked' into the sides and ends of storage racking. Stratford is worth exploring for food options. There are many good chains including Master Bao, Hermanos coffee and Tonkotsu, and there are some neighbourhood establishments worth walking a little further for that have been 'quietly emerging into prominence for the last nine years'. That's how Darkhorse decribes itself, a restaurant with a seasonal, well sourced menu, not cooked over gas – dishes include roasted sea trout with spinach risotto and burnt lemon caper butter, and baked Monte Enebro with honey-poached figs. The majority of the wine is sustainable, organic, natural or biodynamic. *thedarkhorserestaurant.com*

Louisiana

Crawfish trails and king cake

2025 is the Year of Food for Louisiana, and this state has a wealth of dishes and produce to share. "The very names of our food demonstrate our cultural influences from France, Spain, West Africa, Germany, the Caribbean and many more," said Doug Bourgeois, assistant secretary of tourism. "Andouille, corn maque choux, jambalaya – Louisiana food not only tastes unique, but it also sounds like our storied past." Take part in an andouille (never call it a sausage) trail in the River Parishes, or follow the Bayou Country crawfish trail. 'Heads' season is late winter to around April when whole crawfish are plentiful and cooked in 'boils', then it's 'tails' in summer when tail meat is used. You can pick your own blueberries, visit farmers markets, eat oysters at Mardi Gras or purple, yellow and green king cake from 6 January through to Mardi Gras (a moveable date depending on when Easter is). Good eating is year-round in this state. Do your bit for the environment by finding restaurants that participate in CRCL'S Oyster Shell Recycling Program. Shells from New Orleans restaurants and public drop-off sites are collected (saving them from landfill) and used to build oyster reefs and shoreline habitat across coastal Louisiana.

> “You can pick your own blueberries, visit farmers' markets and eat oysters at Mardi Gras”

Trip-chaining in Europe

Epic train journeys

100% flight-free company Byway are seeing trip-chaining, a term used for combining multiple stop-offs for errands on a daily commuter route being used for holiday travel. Trips can be shorter or, use two to three weeks to get yourself from London to Madrid via Nimes and then on to Porto, San Sebastian and home via Bordeaux. Stay for a night or two in each place and make the most of local restaurants, markets and food shops. The beauty of train travel is that there is always the opportunity of a 'train picnic' between destinations. *byway.travel*

Thailand

Armchair travel

Season three of *The White Lotus* drops this year and Thailand is high in the holiday searches already. Filmed in the Four Seasons Koh Samui, Anantara Mai Khao Villas on Phuket and probably Bangkok, we will see the glamourous, gorgeous side of Thailand while being appalled by the antics of the protagonists. This is our armchair travel pick; enjoy the series, eat Thai food while you watch and make plans to travel once all the fuss has died down.

Competitions

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs

WIN TATEL'S LUXURIOUS DINING EXPERIENCE FOR TWO, WORTH AED1,000

TATEL
DUBAI

Indulge in a taste of Spain at TATEL, located in the heart of Downtown Dubai, with a luxurious dining experience that promises to elevate your evening. Savor authentic Spanish dishes infused with an innovative international twist, all while enjoying live entertainment and the cool breeze on TATEL's stunning terrace. Don't miss your chance to win this unforgettable culinary journey for two!

WIN SUSHIYAKI'S URBAN BRUNCH FOR TWO, WORTH AED800

Get ready to level up your weekend with Sushiyaki's brand-new Urban Brunch, the hottest addition to Dubai's brunch scene! Every Saturday, this dynamic brunch delivers an epic mix of mouth-watering food, electrifying urban and hip-hop beats from a resident DJ, and live performances that will keep the energy high. Set against the stunning waterfront, Sushiyaki transforms into the ultimate brunch destination where you can sip on refreshing drinks or pop some bubbles.

WIN WEDNESDAY SIZZLER'S BEACH BBQ FOR FOUR AT ANANTARA THE PALM DUBAI, WORTH OVER AED1,200

Make your Wednesday night unforgettable at Anantara The Palm Dubai Resort with a moonlit beach BBQ experience for four! Indulge in premium meats and seafood, flame-grilled to perfection at Sizzlers Barbecue, while soaking in stunning views across the water. With authentic global flavours and an exclusive setting, this is the perfect way to enjoy a memorable evening by the beach.

WIN LA CAMERA'S EXCLUSIVE DINING EXPERIENCE FOR TWO, WORTH AED1,000

Escape to the vibrant top floor of TOTÓ and discover La Camera, where Italian cuisine meets soulful live music. Enjoy an unforgettable evening of funky beats, smooth soul, and jazzy vibes, all paired with elevated Italian dishes and expertly crafted cocktails. Look forward to a one-of-a-kind dining experience for two at La Camera for great food and an incredible atmosphere!

WIN AN ASIAN-INSPIRED DINNER AT DEMON DUCK, WORTH AED500

Get ready to indulge in a unique dining experience at Demon Duck! Enjoy a playful yet refined take on classic Chinese and Asian dishes, all served in a trendy, Hong Kong-inspired speakeasy-style bar. Whether you're craving bold flavours or exciting twists on traditional favourites, Demon Duck is the perfect spot for a memorable meal.

WIN AN ALL-INCLUSIVE DAYCATION AT RIXOS MARINA ABU DHABI, WORTH AED800

Escape to luxury with an exclusive all-inclusive daycation at Rixos Marina Abu Dhabi! We're giving away two vouchers, each offering one adult a full day of indulgence. Enjoy a delicious buffet breakfast, à la carte lunch, and full access to the resort's beach and pool. Whether you're planning a weekday or weekend visit, your day will be filled with relaxation and luxury.

WIN BEYOND 55 BRUNCH FOR TWO, WORTH AED600

Experience an unforgettable evening at Beyond 55 for a night to remember. Set the stage for a magical experience in a chic seaside setting, beginning with delectable cold bites such as Avocado Bruschetta, followed by indulgent hot dishes such as Wasabi King Prawns and Wagyu Beef Burgers, and ending on a sweet note with Baked Cheesecake. Delight in live entertainment and enchanting boho vibes that transform every Friday into a truly extraordinary celebration.

To be in with a chance of winning these prizes, visit our competitions page on *bbcgoodfoodme.com*, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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